

Hyperension

Between 2014 and 2021, hypertension has been steadily making its presence known. While its increase isn't as dramatic as diabetes, it's still a frequent guest at the table of health complications.



What is Hypertension?

- A condition characterized by elevated blood pressure.
- Often referred to as high blood pressure.
- Increases the risk of heart disease, stroke, and kidney problems.
- Usually develops over many years and can go unnoticed.
- Can be managed through lifestyle changes and medication.



Why Should You Care?

Hypertension is often called the "silent killer" because many people don't realize they have it until it leads to serious health issues. That's why regular check-ups are essential! Catching it early can make a world of difference.

What Causes Hypertension?

Several factors can contribute to hypertension, including:



- **Genetics:** Family history can play a role.
- **Diet:** High salt intake and poor nutrition can raise blood pressure.
- **Lack of Physical Activity:** A sedentary lifestyle increases your risk.
- **Stress:** Chronic stress may lead to elevated blood pressure levels.
- **Weight:** Being overweight or obese is a significant risk factor.



How Can You Manage Hypertension?

But fear not! There's plenty you can do to take charge of your health. Lifestyle changes are key, and we're here to guide you!

To help you along the way, check out our resources on:

- **Nutrition Recommendations:** Discover heart-healthy foods that can help lower your blood pressure, such as fruits, vegetables, whole grains, and lean proteins.
- **Exercise Page:** Find effective workout plans that suit your lifestyle.

