

**Please Note:** A single high reading (more than normal) does not necessarily mean that the person has high blood pressure. The measurement must be repeated.

## Why is it Important to Check Blood Pressure even among those without any Symptoms?

Regular screening of blood pressure helps in making an early diagnosis of hypertension. This is helpful in taking early corrective measures leading to better control of blood pressure.

### The role of ASHA in management and control of high blood pressure

ASHA should motivate those with high blood pressure to:

- Stop the use of tobacco in any form (smoking or chewing), also avoid exposure to second-hand smoke.
- Reduce the intake of alcohol.
- Reduce the amount of salt - maximum of 1 teaspoon (5 gms) of salt for the whole day.
- Decrease consumption of refined cereals, high fat/oily foods, sugary foods.
- Decrease excess amount of tea, coffee, cola drinks (rich in caffeine).
- Increase fresh fruits, vegetables and whole grains and whole pulses.
- Maintain healthy weight; people who are overweight need to lose weight.
- Ensure regular physical activity.
- Ensure monthly monitoring of blood pressure.
- Compliance to treatment plan for drugs.
- Regular check-up at the PHC/CHC as advised.

