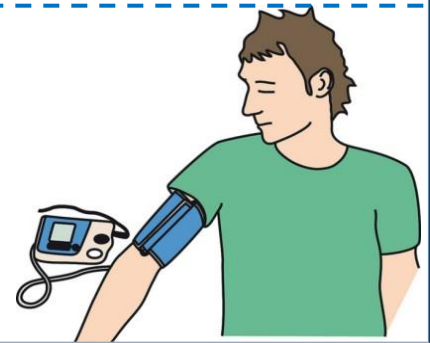




HEALTH AWARENESS 5/2017: HYPERTENSION

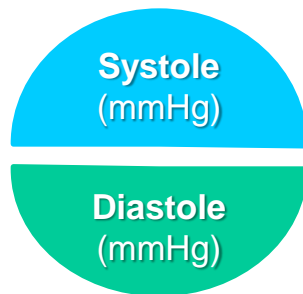
WHAT IS BLOOD PRESSURE?

That is the force of blood pressing against the arteries' walls. There are TWO INDEX



UPPER INDEX

The blood pressure on the arteries' walls when our heart contract



LOWER INDEX

The blood pressure on the arteries' walls when our heart relax

BLOOD PRESSURE CATEGORY

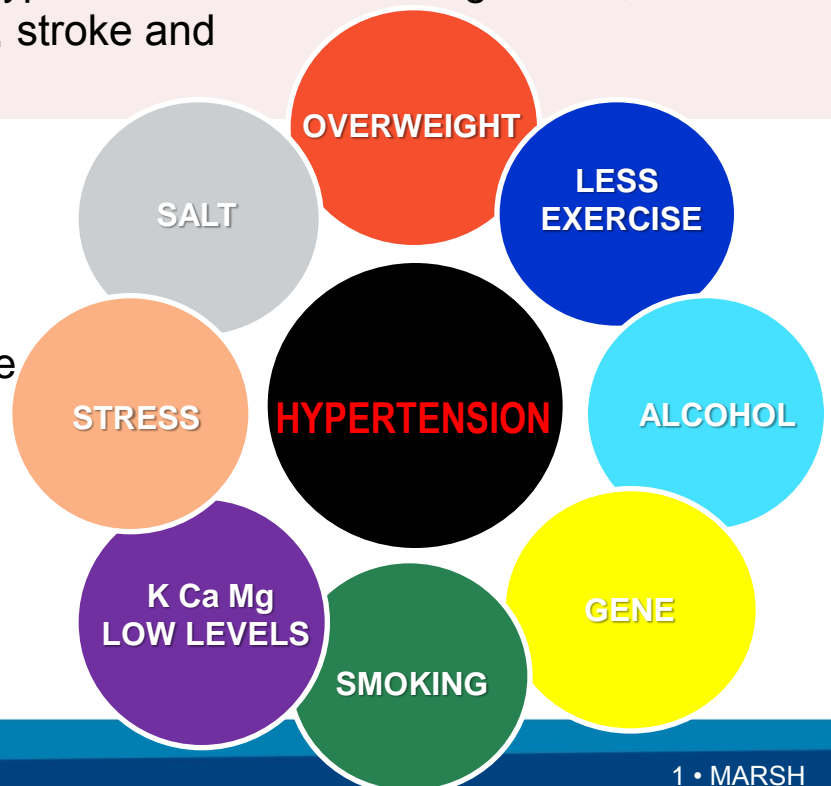
Normal	Borderline	High
<div>< 120</div> <div>< 80</div>	<div>120 ... 139</div> <div>80 ... 89</div>	<div>140 & ></div> <div>90 & ></div>
	PREHYPERTENSION	HYPERTENSION

WHY THOSE INDEXES ARE IMPORTANT?

During time, prehypertension and hypertension would damage heart, blood vessels, kidneys, brain...Therefore, stroke and heart attack could happen.

RISK FACTORS

- Stress, anxiety
- Family or individual history have diabetes, hypertension
- Overweight, obesity
- Smoking
- Drinking alcohol
- Salty eating
- Less exercise



THE LIFE-STYLE CHANGES COULD REDUCE HYPERTENSION

1 Exercise

Regular physical activities can decrease blood pressure



5 Check blood pressure

Everyday



2 Balance nutrition

Choose healthy foods and pay attention to the proportion of them



6 Lose weight

Alleviating 5 kg makes differences



3 Minimize salt

Read the labels.
The target is 1,500mg Na or less per day



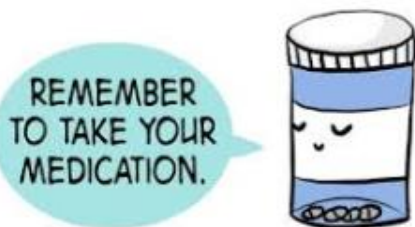
7 Limit alcohol/ No smoking

Male, less than 2 drinks per day.
Female, only 1 drink. Stop smoking



4 Medication

If you have hypertension, you should follow your doctor's prescription



8 Control stress & sleep well

Relaxing helps blood pressure stably.
A good sleep increases energy



Disclaimer: This information represents a summary of Marsh & Mercer's understanding regarding to health awareness based on some sources. This information is not binding and readers are advised to seek from their specialist doctors.