

Weekly Class Timetable

Introduction (5 mins)

As-salamu Alaikum, AMSA UNILAG family! I'm Balogun Muhammed-Awwal, your Health Secretary. Welcome to our session on *Hypertension – The Silent Killer*. Tonight, we'll explore hypertension, its dangers, prevention, and how Islamic teachings guide us to care for our hearts—physically and spiritually.

What is Hypertension? (10 mins)

Hypertension, or high blood pressure, occurs when blood pressure exceeds 140/90 mmHg consistently. It's silent, often symptomless, yet can lead to heart attacks, strokes, or kidney failure. In Nigeria, over 30% of adults are affected. Islam teaches us to protect our bodies, as they are an amanah (trust) from Allah (Qur'an 2:195).

Why It's Dangerous (10 mins)

Hypertension strains the heart and damages vessels, risking:

- Heart disease
- Stroke
- Kidney failure
- Vision loss

The Prophet (SAW) said, "The strong believer is better and more beloved to Allah than the weak believer" (Sahih Muslim). Neglecting health through stress, poor diet, or inactivity contradicts this strength.

Prevention Tips with Islamic Guidance (15 mins)

1. **Check Regularly:** Monitor blood pressure to honor the body Allah entrusted to us.
2. **Eat Smart:** Follow the Sunnah—eat moderately, reduce salt, and choose wholesome foods like dates, olives, and fruits (Qur'an 16:11). Avoid excess, as Allah warns against wastefulness (Qur'an 7:31).
3. **Stay Active:** Engage in physical activity, like walking, reflecting the Prophet's (SAW) active lifestyle. Aim for 30 minutes, 5 days a week.
4. **Manage Stress:** Practice dhikr, salah, and Qur'an recitation for tranquility (Qur'an 13:28). Stress harms the heart, but "hearts find rest in the remembrance of Allah."
5. **Avoid Harmful Habits:** Abstain from alcohol and smoking, as they violate the prohibition of harming oneself (Qur'an 2:195).
6. **Medication Compliance:** Adhere to prescribed treatments, as seeking cure aligns with the Prophet's (SAW) guidance (Sahih Bukhari).

Caring for Your Heart – Physically & Spiritually (10 mins)

Physically, prioritize sleep, hydration, and check-ups to maintain Allah's gift of health. Spiritually, purify your heart through tawbah, gratitude, and sincerity (Qur'an 26:89). A sound heart (qalb saleem) is key to Jannah. Balance both for holistic well-being, as Islam teaches moderation (Qur'an 2:143).

Q&A and Closing (10 mins)

Let's open the floor for questions on WhatsApp! Share insights or experiences. Together, we can fight hypertension, guided by Islamic principles and the AMSA way. JazakAllah Khair for joining!

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