

What can be done to prevent, manage and control hypertension?

Choose low-sodium options and do not add salt to your food ⁷

Eat a heart-healthy diet, rich in foods like fruits, vegetables and wholegrains ⁸



Eat unprocessed or minimally processed foods most often ⁷

Limit intake of saturated fats (e.g. cheese & processed meats), trans fats (e.g. butter), sweets and sweetened beverages ⁸

Be physically active ⁷

Maintain a healthy body weight ⁷

Avoid excess alcohol consumption ⁷

Take your medication as prescribed by your doctor ⁹

Quit smoking ⁹

Get BP checked regularly and understand what it should be ⁷

REFERENCES: **1.** American Heart Association (AHA) website. Health Topics: What is High Blood Pressure? Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>. Accessed 12 November 2018. **2.** National Heart, Lung, and Blood Institute (NHLBI) website. Health Topics: High Blood Pressure. Available at: <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure>. Accessed 12 November 2018. **3.** Kandala NB, Tigbe W, Manda SOM, *et al.* Geographic Variation of Hypertension in Sub-Saharan Africa: A Case Study of South Africa. *American Journal of Hypertension*. 2013;26(3):382-391. **4.** Centers for Disease Control and Prevention (CDC) website. Measuring Blood Pressure. Available at: <https://www.cdc.gov/bloodpressure/measure.htm>. Accessed 12 November 2018. **5.** American Heart Association (AHA) website. Health Topics: Understanding Blood Pressure Readings. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>. Accessed 12 November 2018. **6.** American Heart Association (AHA) website. Health Topics: What are the Symptoms of High Blood Pressure? Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer/what-are-the-symptoms-of-high-blood-pressure>. Accessed 12 November 2018. **7.** Campbell NRC, Lackland DT, Niebylski ML and the World Hypertension League and International Society of Hypertension Executive Committees. High Blood Pressure: Why Prevention and Control Are Urgent and Important – A 2014 Fact Sheet From the World Hypertension League and the International Society of Hypertension. *The Journal of Clinical Hypertension*. 2014;16(8):551-553. **8.** American Heart Association (AHA) website. Health Topics: Managing Blood Pressure with a Heart-Healthy Diet. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-blood-pressure-with-a-heart-healthy-diet>. Accessed 12 November 2018. **9.** American Heart Association (AHA) website. Health Topics: Changes You Can Make to Manage High Blood Pressure. Available at: <https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure>. Accessed 12 November 2018.

FOR MORE INFORMATION ON HYPERTENSION, REFER TO YOUR HCP

hypertension

COULD BE DAMAGING YOUR HEALTH¹



HYPERTENSION IS ALSO KNOWN AS HIGH BLOOD PRESSURE

SCAN THIS CODE TO WATCH A VIDEO ON HYPERTENSION

MSD MSD (Pty) Ltd (Reg. No. 1996/003791/07), Private Bag 3, Halfway House, 1685, South Africa

Copyright © 2018 Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc., Kenilworth, NJ, USA. All rights reserved. CARD-00000000-0000 00/00

BROUGHT TO YOU BY

MSD
INVENTING FOR LIFE



What is hypertension?

HYPERTENSION IS ALSO KNOWN AS **HIGH BLOOD PRESSURE** (BP)

High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. BP is the force of blood pushing against the walls of your arteries as the heart pumps blood. Hypertension, is when this force against the artery walls is too high. Your doctor may diagnose you with high blood pressure if you have consistently high blood pressure readings.²

WHO IS AT RISK?

3 UNHEALTHY LIFESTYLE HABITS THAT CAN INCREASE THE RISK OF HIGH BP²

1
UNHEALTHY EATING PATTERNS, SUCH AS EATING TOO MUCH SALT

2
DRINKING TOO MUCH ALCOHOL

3
BEING PHYSICALLY INACTIVE

Blood pressure tends to increase with age. Our blood vessels naturally thicken and stiffen over time. These changes increase the risk for high blood pressure²

AGE

RACE OR ETHNICITY

High blood pressure is more common in African adults than other racial or ethnic groups³

GENDER

Before age 55, men are more likely than women to develop high blood pressure. After age 55, women are more likely than men to develop high blood pressure²

FAMILY HISTORY AND GENETICS

High blood pressure often runs in families²

How is hypertension diagnosed?

WHAT THE **BLOOD PRESSURE** NUMBERS MEAN⁴

Blood pressure is measured using two numbers:

1
The first number is called...
SYSTOLIC BP

It measures the pressure in your blood vessels when your heart beats

2
The second number is called...
DIASTOLIC BP

It measures the pressure in your blood vessels when your heart rests between beats

To diagnose high blood pressure, your doctor will take two or more readings at separate medical appointments.²

BLOOD PRESSURE CATEGORIES⁵

| BLOOD PRESSURE CATEGORY | SYSTOLIC mmHG | | DIASTOLIC mmHG |
|--|-----------------|--------|-----------------|
| NORMAL | LESS THAN 120 | AND | LESS THAN 80 |
| ELEVATED | 120 – 129 | AND | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130 – 139 | OR | 80 – 89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | OR | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | AND/OR | HIGHER THAN 120 |

BP = Blood Pressure; HCP = Healthcare Professional

What are the signs and dangers?

AMERICAN HEART ASSOCIATION RECOMMENDS:⁶

DO NOT attempt to diagnose yourself. Clinical diagnosis should only be made by a HCP

Know your BP numbers and make changes that matter to protect your health

HEALTH RISKS¹

VISION LOSS

STROKE

HEART FAILURE

HEART ATTACK

KIDNEY DISEASE/FAILURE

SEXUAL DYSFUNCTION

HIGH BLOOD PRESSURE IS A “SILENT KILLER”¹

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter in order to prevent and manage high blood pressure.