



HYPERTENSION AWARENESS



High Blood Pressure (Hypertension) is a Silent Killer!

It often has **no symptoms**, but can cause serious health problems if left untreated.

? What is Hypertension?

Hypertension means **your blood pressure is consistently too high**.

A normal reading is **less than 120/80 mmHg**.

! Why Should You Care?

Uncontrolled high blood pressure can lead to:

- ✓ Stroke
 - ✓ Heart Attack
 - ✓ Kidney Damage
 - ✓ Eye Problems
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📍 For check-ups or advice, visit Baptist Christian hospital Tezpur

Risk Factors

- Family history
 - Obesity
 - Lack of physical activity
 - High salt intake
 - Stress
 - Smoking or alcohol
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Prevention & Control Tips

-  **Eat a healthy diet** – low salt, more fruits & vegetables
 -  **Exercise regularly** – at least 30 mins/day
 -  **Manage stress**
 -  **Avoid tobacco and limit alcohol**
 -  **Maintain a healthy weight**
 -  **Take your medicines regularly** if prescribed
 -  **Check your BP regularly**
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