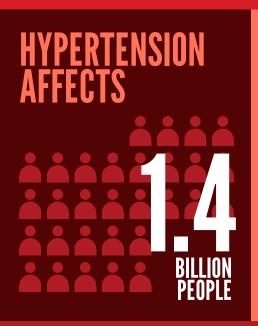
## HYPERTENSION: PREVALENT YET PREVENTABLE







**Only** around

1 IN 5 ....

people have their hypertension **under control** 

HYPERTENSION OR HIGH BLOOD PRESSURE IS A CONDITION THAT OCCURS WHEN YOUR BLOOD PRESSURE INCREASES TO UNHEALTHY LEVELS

#### HYPERTENSION IS THE NUMBER ONE RISK FACTOR FOR CARDIOVASCULAR DISEASE

- ♥ It often has no signs or symptoms, frequently going unnoticed.
- Hypertension is manageable and relatively inexpensive to treat.





#### **OUR GOAL FOR 2030**



million more people treated for hypertension



hypertension control



**Net economic gains** of \$212 billion annually

### **OUR GOAL BY 2050**





# TIPS FOR MANAGING BLOOD PRESSURE AND REDUCING YOUR RISK OF HEART DISEASE



Manage your weight



Eat a healthy diet



**Exercise** regularly



Reduce your stress



**Reduce** your **sodium** intake



**Limit** your **alcohol** consumption



Quit smoking



Take your medications as prescribed