



Silent, BUT DEADLY: WHY YOU SHOULD SCREEN FOR HYPERTENSION

AROUND **ONE** IN **THREE** ADULTS

IN SOUTH AFRICA IS LIVING WITH HYPERTENSION (HIGH BLOOD PRESSURE).



WHY DO BLOOD PRESSURE SCREENINGS MATTER?

Research suggests that 45 to 49% of people living with hypertension in South Africa are undiagnosed, raising the risk for complications that include:



Stroke



Heart disease and heart failure



Kidney disease and kidney failure



Vision loss

Therefore, it's vital that you get this quick and painless screening regularly to avoid health complications.

WHO SHOULD GET BLOOD PRESSURE SCREENINGS?

EVERYONE SHOULD CHECK THEIR BLOOD PRESSURE REGULARLY, BUT CERTAIN INDIVIDUALS ARE AT HIGHER RISK FOR HYPERTENSION:



Those over the age of 40



Those who are overweight or obese



Smokers



Those who are physically inactive



Those with a family history of hypertension



Those with diabetes



Those who have a high alcohol intake



Those who follow an unhealthy diet

SYMPTOMS OF HYPERTENSION

YOU SHOULD GET YOUR BLOOD PRESSURE CHECKED - AT A CLINIC OR WITH YOUR HEALTHCARE PRACTITIONER - IF YOU CONTINUALLY EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:



Blurred vision



Nosebleeds



Buzzing in the ears



Severe headaches



Dizziness



Shortness of breath



Irregular heart rhythm



Nausea



Vomiting

HOW CAN YOU PREVENT HYPERTENSION?



GET YOUR BLOOD PRESSURE SCREENED REGULARLY



FOLLOW A HEALTHY, BALANCED DIET THAT IS LOW IN SALT



EXERCISE REGULARLY



STOP SMOKING



LIMIT YOUR ALCOHOL INTAKE



MANAGE ANY STRESS

By identifying elevated blood pressure levels early, your healthcare practitioner can guide you on lifestyle changes to help prevent or manage hypertension, allowing you to enjoy a longer and healthier life.