

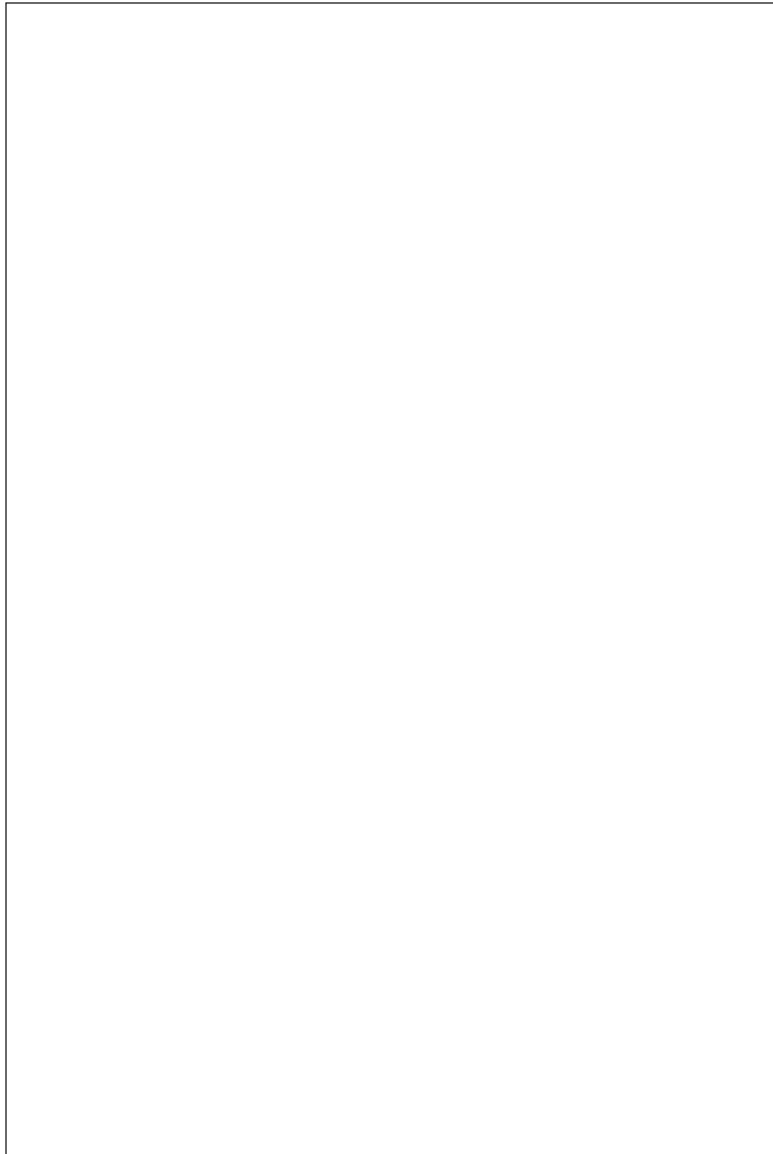
Things to
know about
The Silent Killer

**High
Blood
Pressure**



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Love Your Heart

Prevalence of hypertension in India is
25% in urban and 10% in rural inhabitants



Fight For Every Heart Beat



HYPERTENSION

Blood pressure is the force by the flow of the blood against the wall of the arteries

When this pressure is consistently high it is known as Hypertension

Hypertension is a medical term used for high blood pressure.

High blood pressure is a serious condition that affects every 3rd person.

It is called “THE SILENT KILLER”

People often have no symptoms, yet It can lead some serious and sometimes even fatal conditions

When you have blood pressure measured, you get two values:

- **Systolic (SBP)**- As the heart beats
- **Diastolic (DBP)**- As the heart relaxes
- **Written as systolic over diastolic**



Normal Blood pressure
is <120 mm hg systolic
& <80 mm hg diastolic

BP >120-139 mmHg or > 80-89 mmHg is known as pre-hypertension which means you could end with high blood pressure unless you take steps to prevent it.
If BP is \geq 140/90 mmHg you have high blood pressure

The Higher The Number the Greater the Risk

WHY TO TREAT HYPERTENSION?

- It usually has no symptoms
- It can speed up blocking of arteries

which can damage the:

HEART



leading to
heart attack

BRAIN



leading to
stroke

KIDNEYS



leading to
kidney disease

EYE



leading to
eye trouble
& blindness

RISK FACTORS



AGE

Older people are at greater risk for high blood pressure.



Gender

Woman over 65 are more likely to have high blood pressure, and men under age 45 are more likely to have high blood pressure than woman



Family History

If your direct family members (parent or sibling) have high blood pressure, you are at higher risk.



SAI HOSPITAL



Lotus
Multispeciality Hospital & ICU

**PSYCHOSOCIAL
STRESS**



OBESITY



VITAMIN D DEFICIENCY



High Salt Intake

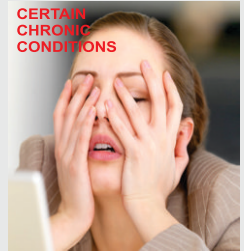
**HEAVY ALCOHOL
CONSUMPTION**



SMOKING



**CERTAIN
CHRONIC
CONDITIONS**



PHYSICAL INACTIVITY



AGING



GENETIC



Home Monitoring

Check your Blood Pressure daily with home BP Monitoring Device



DASH (Dietary Approach to Stop Hypertension)

Recommended by American Heart Association

Follow DASH diet to Reduce your Blood Pressure

Grains

7-8 Servings/day



Meat, Fish

2 Servings/day



Legumes, Nuts

4-5 servings/day



Vegetables

4-5 serving/day



Fruits

4-5 serving/day

**Take your medication on time as directed by your physician.
Talk to your doctor if you have any concerns about high
blood pressure.**



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Prevent high



Consume less than **1 Teaspoon (2,300mg)** of sodium a day including sodium found in packaged or prepared foods.

Daily Exercise for **30 minutes**



Maintain normal body weight & avoid obesity

blood pressure by



Avoid Alcohol & if have to limit consumption to not more than **2 drinks in men & 1 drink in women**

Quit smoking as it injures the **blood vessel walls**





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INTEREST BY**

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(एक प्रयास)