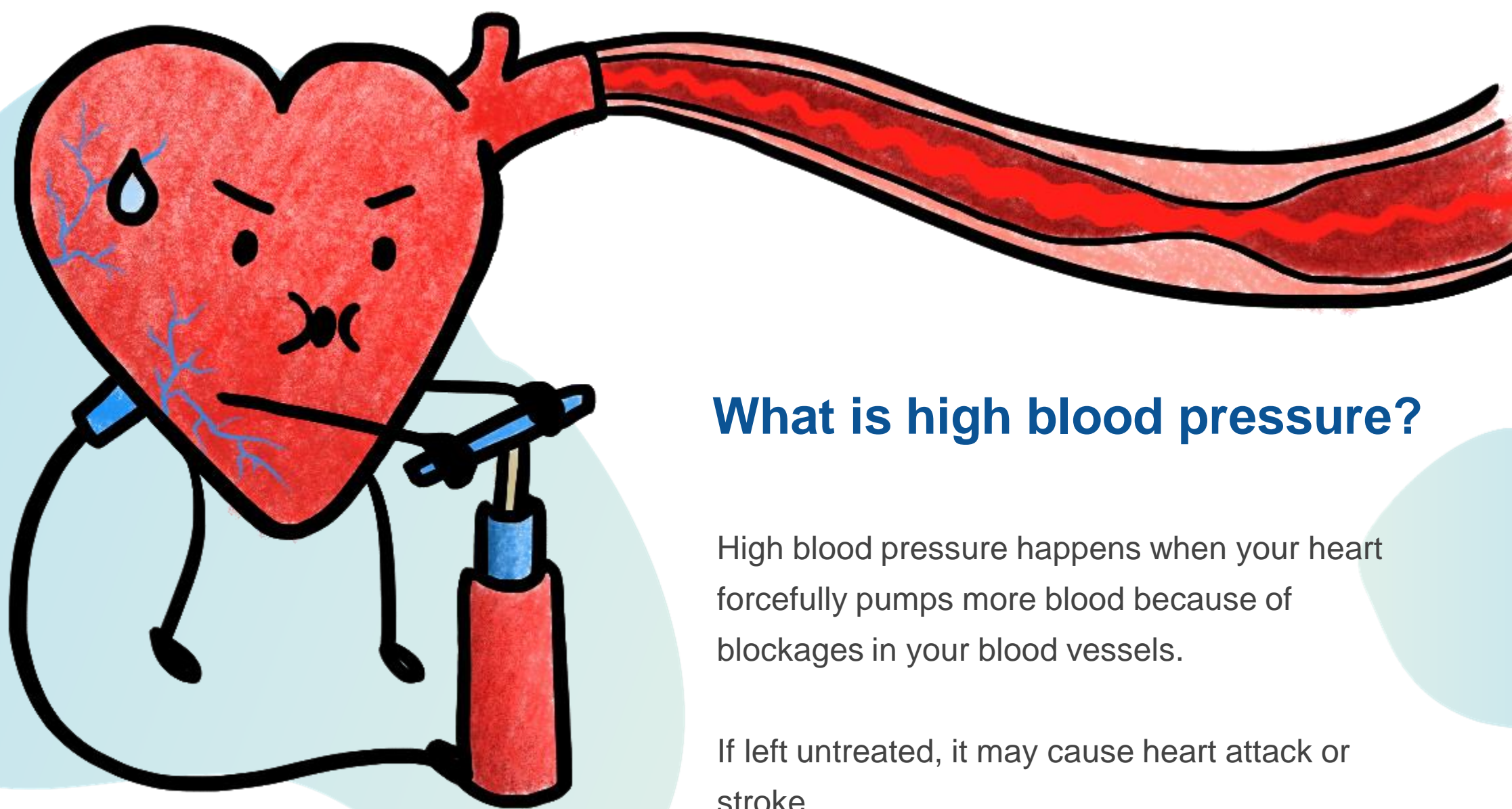


Tips for a Healthier You



What is high blood pressure?

High blood pressure happens when your heart forcefully pumps more blood because of blockages in your blood vessels.

If left untreated, it may cause heart attack or stroke.

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Tips for a Healthier You

Hypertension Signs and Symptoms



Fainting



Dizziness



Irregular Heartbeat



Fatigue








Vomiting



Nausea

Know your numbers!

	$\frac{120}{80} \rightarrow$ Systolic		$\frac{120}{80} \rightarrow$ Diastolic
	< 120		< 80
	120–129		< 80
	130–139	or	80–89
	140 +		90 +
	180 +	&/or	120 +

3 Ways to Keep a Healthy Blood Pressure

1. Check your blood pressure level
2. Change to a healthier lifestyle
3. “C” your doctor for regular check-ups

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Sources:

1. “Hypertension” HealthHub. June 2021.
2. “High Blood Pressure: Healthy Eating Guide”. December 2021.
3. “Understanding Blood Pressure Readings”. December 2018.

Tips for a Healthier You

Prevent high blood pressure!

Follow these simple steps to reduce your risk of getting high blood pressure!



Sleep well.



Exercise! A healthy body weight reduces the risk.



Quit or cut down on alcohol and smoking.



Manage stress. You can talk to others about your problems, engage in relaxing activities, and do breathing exercises.



Stick to a healthy diet. Try to limit your intake of animal fats, red meat, and coconut milk.

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