What is Hypertension?

Hypertension, commonly called high blood pressure, is a condition in which the force (pressure) of blood flowing through the body is consistently high.

What causes Hypertension (High Blood Pressure)?

- Too much alcohol
- Too much salt
- Stress
- Overweight/Obesity
- Smoking
- Family history of high blood pressure

How do I know if I have Hypertension (High Blood Pressure)?

There are no early warning signs of High Blood Pressure, which is why it is often called the silent killer. Some persons feel:

- Headaches (usually at the back of the head)
- Shortness of breath
- Tiring easily and dizziness

Effects of Hypertension (High Blood Pressure)?

- Heart Disease
- Heart Attack
- Stroke
- Kidney Failure
- Brain Damage

How to prevent and treat Hypertension (High Blood Pressure)?

- Eat less fatty, fried, salty and sweet foods.

- Control your weight by eating less and exercising more

- Eat fresh foods instead of canned or preserved foods

- Eat foods rich in fibre like fruits and vegetables, peas and beans and staples like yam, green bananas, dasheen and breadfruit.

- Use natural seasonings that do not contain salt (eg: onion, garlic, thyme, pepper, limejuice).

- Drink less Alcohol

- Stop smoking

- Avoid stressful situations

- Get regular checkups from your Health Centre or private doctor.