

What you should know about Hypertension (High Blood Pressure)

Written by JIS

Monday, 10 January 2011 14:35

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:

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- 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.

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- 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.