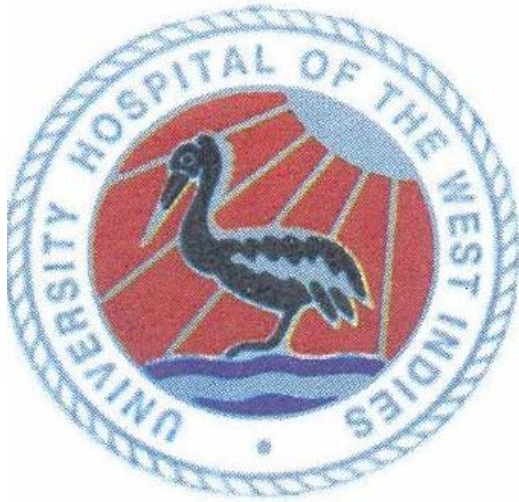


Accident & Emergency
Department



Patient Information

Hypertension
(High Blood Pressure)

Hypertension

Hypertension means high blood pressure. We have Pre-hypertension if our systolic pressure is 120-139 and the diastolic pressure is 80-89. The aim is to keep pressure below or at 120/80.

High blood pressure is very common and affects about 15-20% of the adult population. Bp tends to rise as we get older.

In most cases (95%) there is no identifiable cause. However, high blood pressure may be caused by a kidney problem or drinking excessive amounts of alcohol.

Most people are not aware they have hypertension even with very high BP. Therefore regular checkups at your local community clinic is important.

Symptoms may include headache, dizziness or palpitations.

Natural measures to help control your high blood pressure, include eating a nutritious diet low in salt and fat, controlling your weight, limiting your alcohol intake and do not smoke. Natural measures alone may not be enough to control your high Bp; therefore it is important to take properly the anti-hypertension medication that your doctor prescribe.

Controlling your high Bp reduces the risks of stroke, heart attacks and kidney failure.

Remember have regular checkups at your local clinic and **CONTROL YOUR BP.**