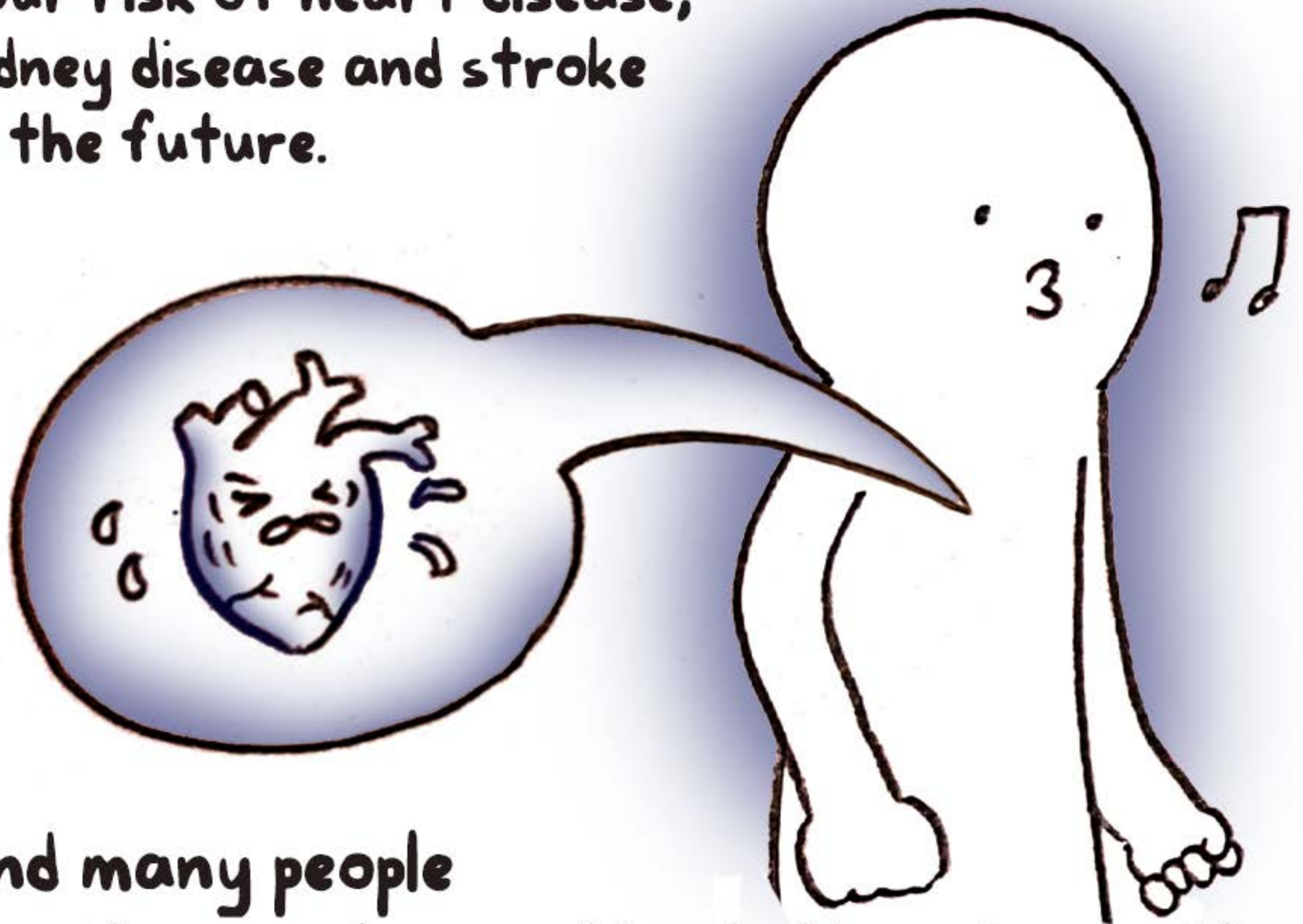


**WHAT YOU
NEED TO KNOW
ABOUT
HYPERTENSION**



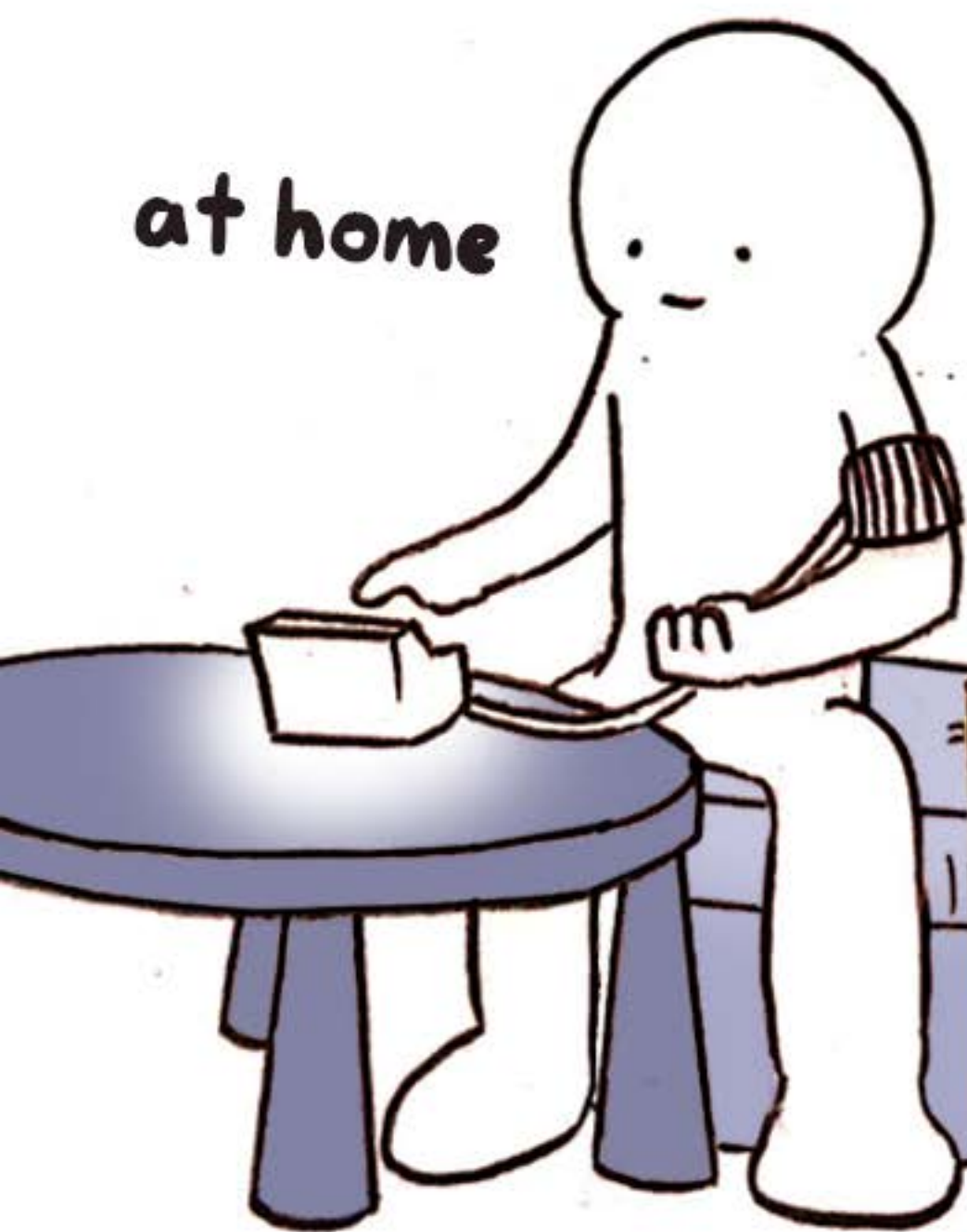
Hypertension, also known as **high blood pressure**, is a medical condition that increases your risk of heart disease, kidney disease and stroke in the future.



And many people don't even know that they have it.

There might not be symptoms.
To detect hypertension early, it's important to
check your blood pressure regularly.

at home



at the
doctor's



There are many factors that can increase our risk of developing hypertension.



It's important to focus on what you can control, rather than those you can't.

You have to make
changes in your lifestyle

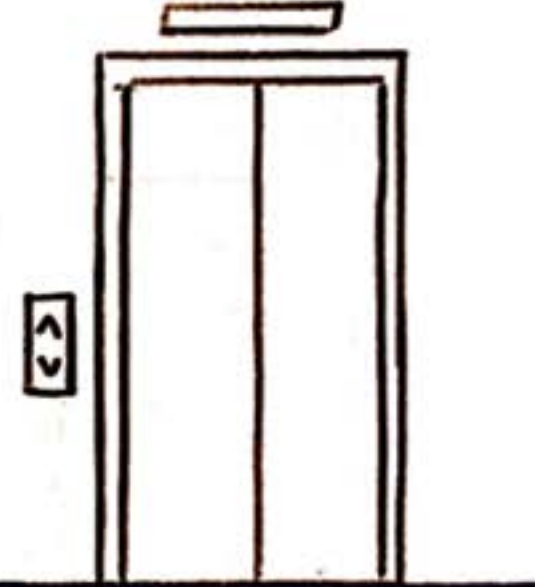


which isn't easy.

You can start with:



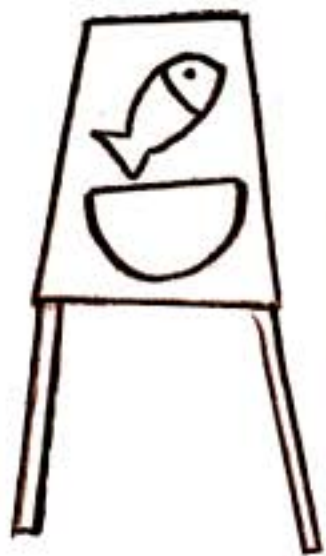
Choosing to take the stairs



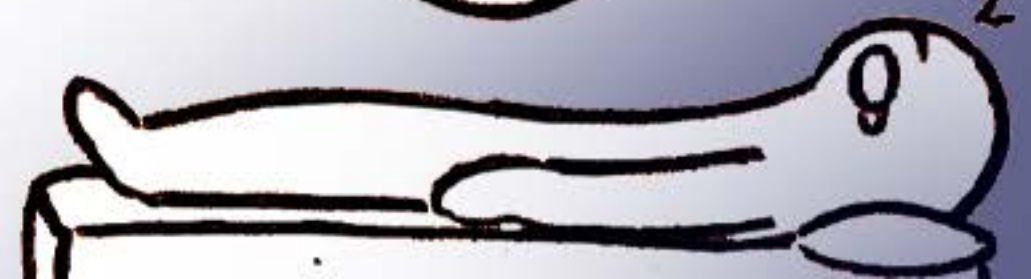
Reducing your salt intake



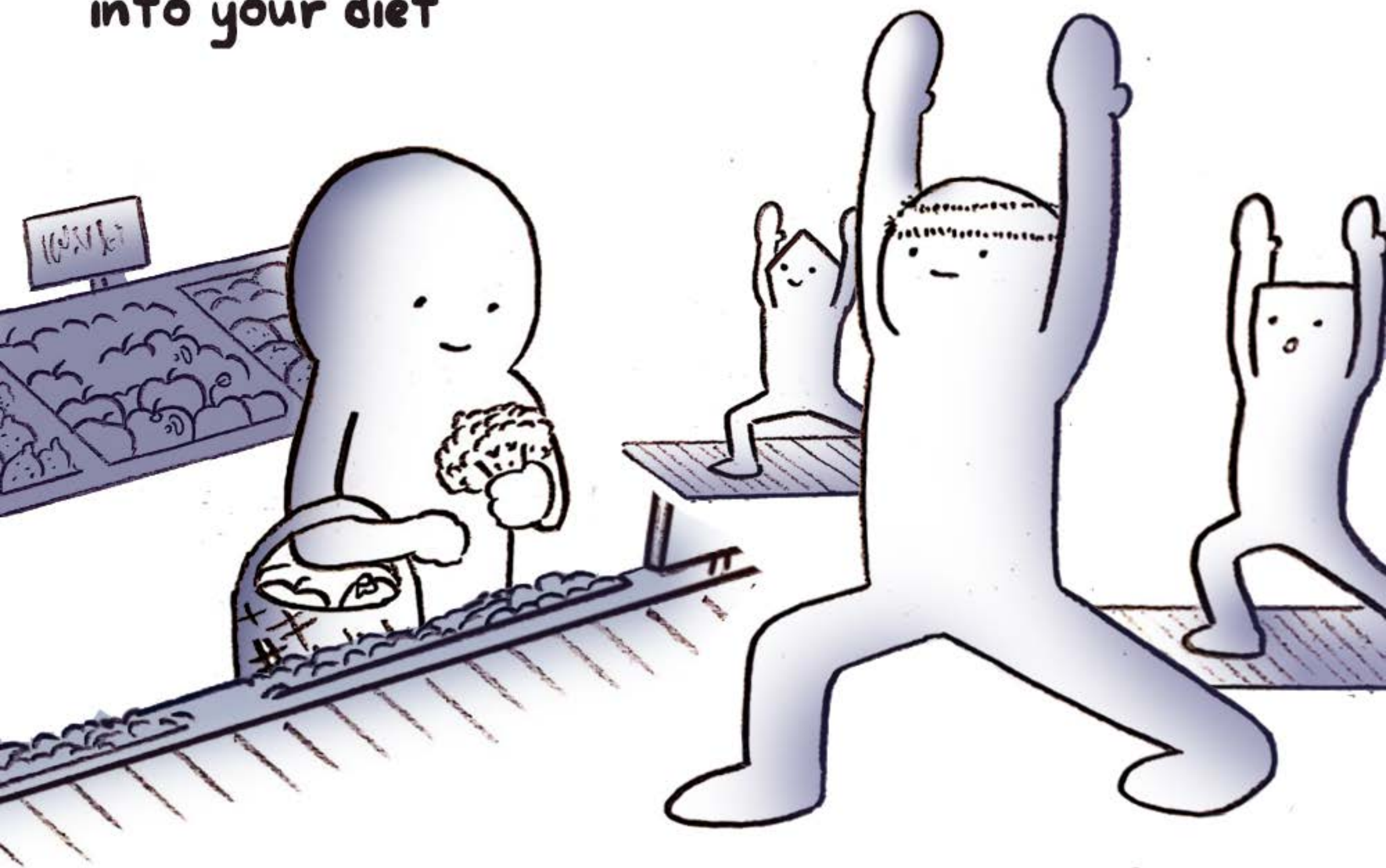
Getting a good night's sleep



All these small changes count.



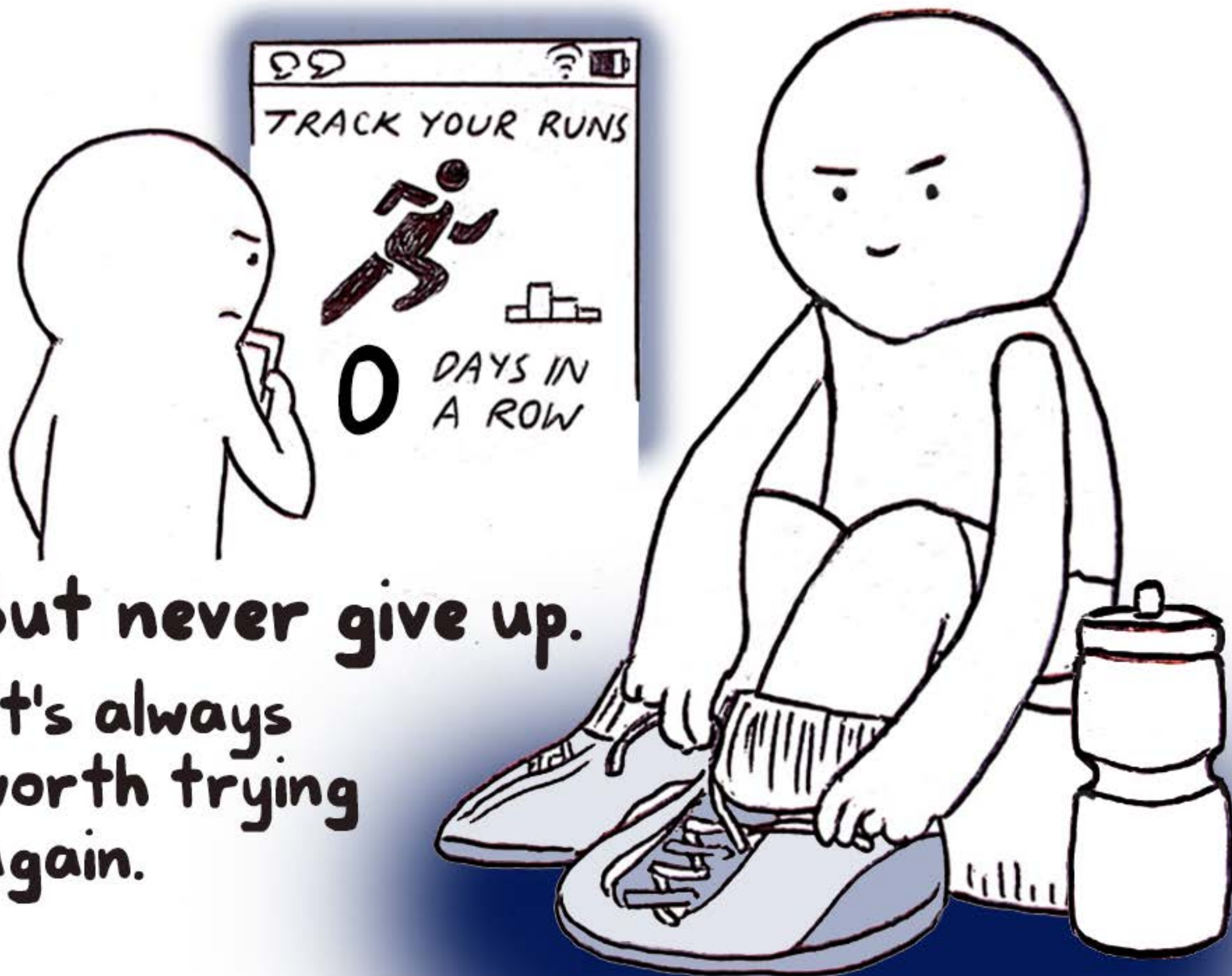
And gradually,
bigger changes will become easier
like adding more fruits and vegetables
into your diet



And working out with your friends.

There might be obstacles.

Life gets busy, and you lose progress on a habit that you've been trying to build.



But never give up.

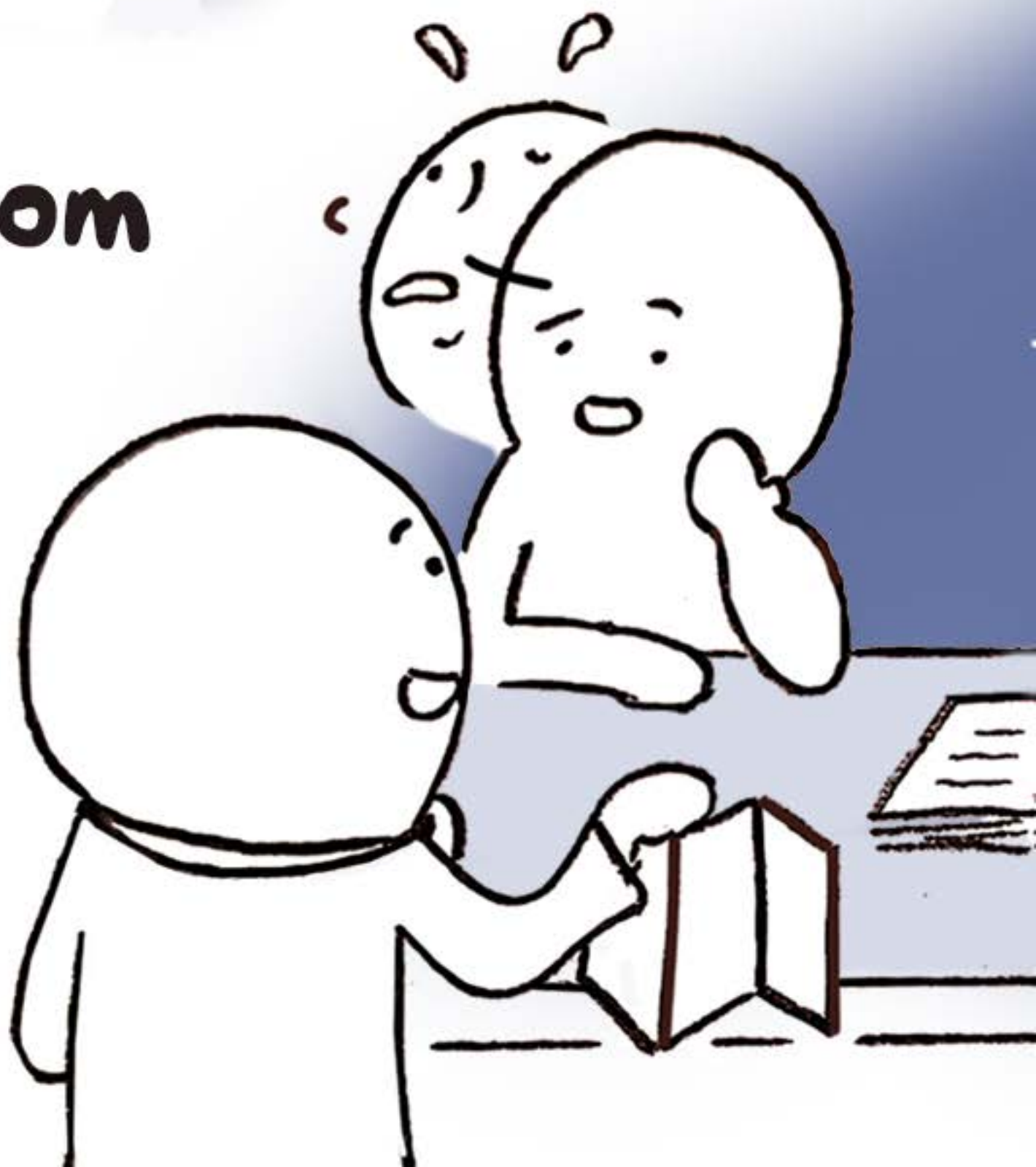
It's always worth trying again.

If you are uncertain about what's really best for your body,

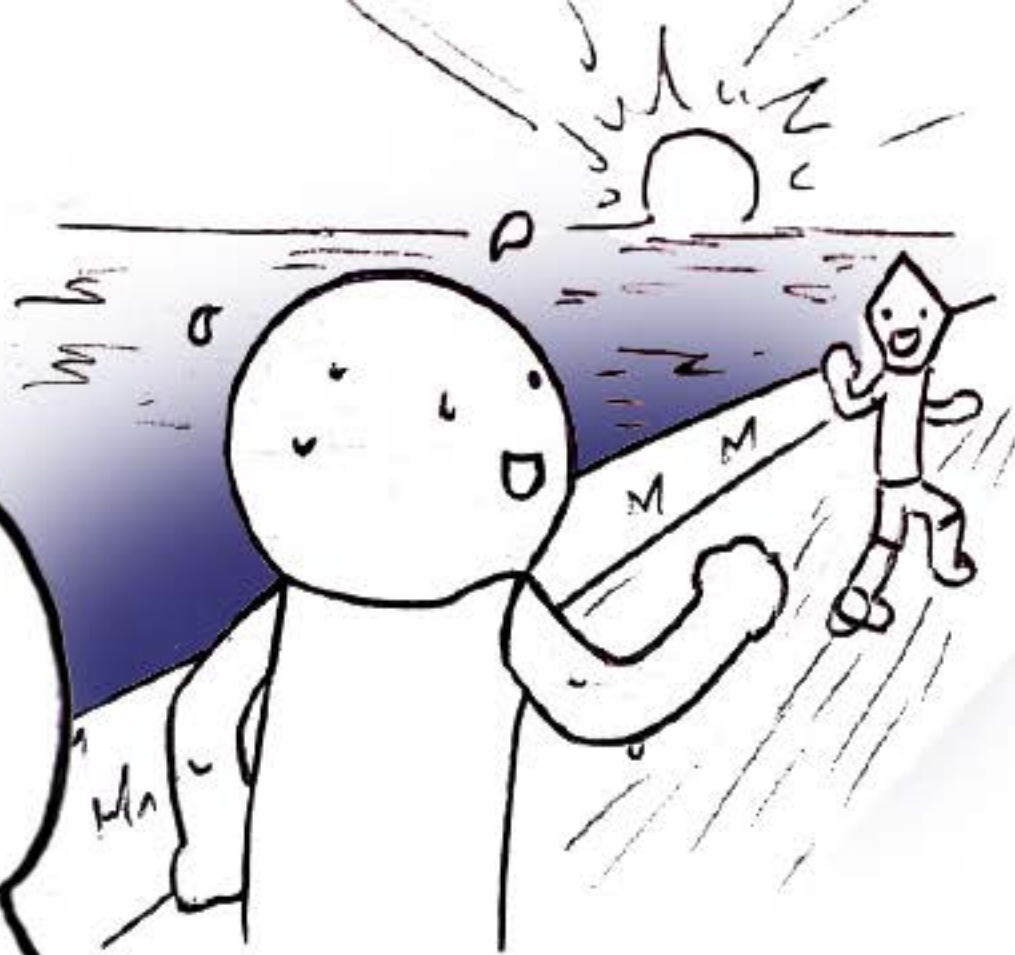
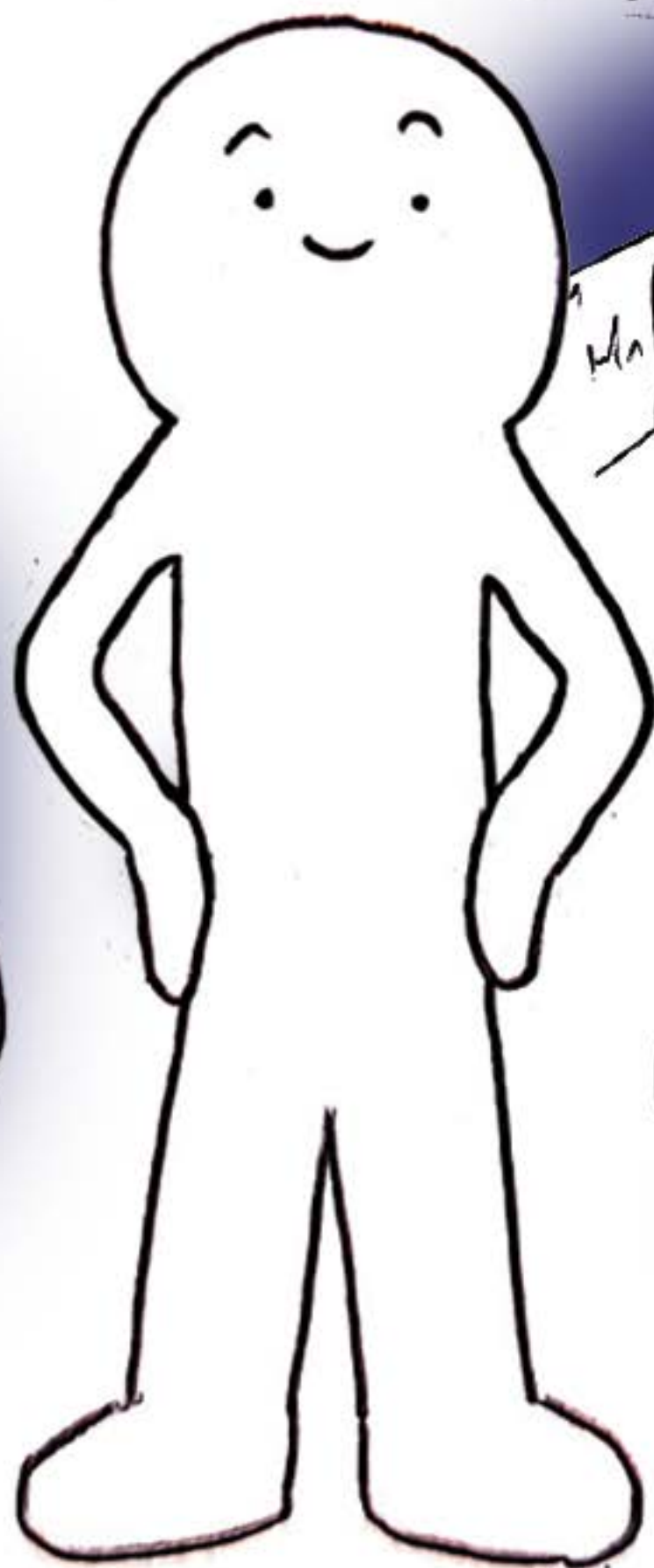


Seek advice from your doctor.

And discuss what changes you should make together.



Because those positive changes CAN become lifelong habits, which will keep hypertension at bay.



It just takes time, effort, and resilience.



So do it for your friends, your family, and your future self!