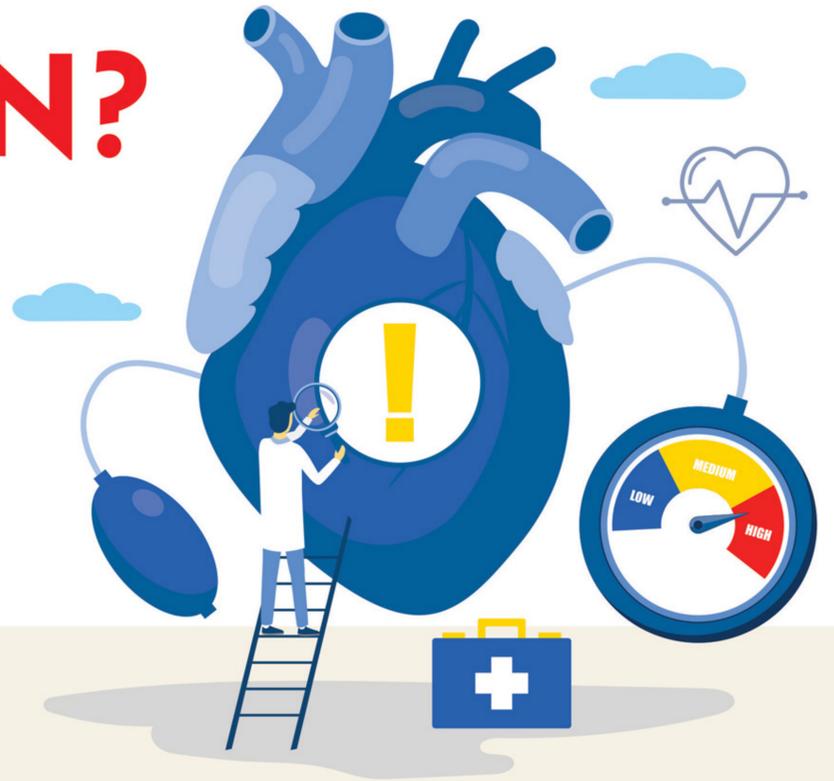


WHAT IS HYPERTENSION?

HYPERTENSION or high blood pressure (BP) occurs when your blood is consistently pumping through your heart & blood vessels with too much force¹



WATCH OUT FOR THE SYMPTOMS!^{2,3}



Headache



Blurry vision



Fatigue



Chest pain



Breathing difficulty

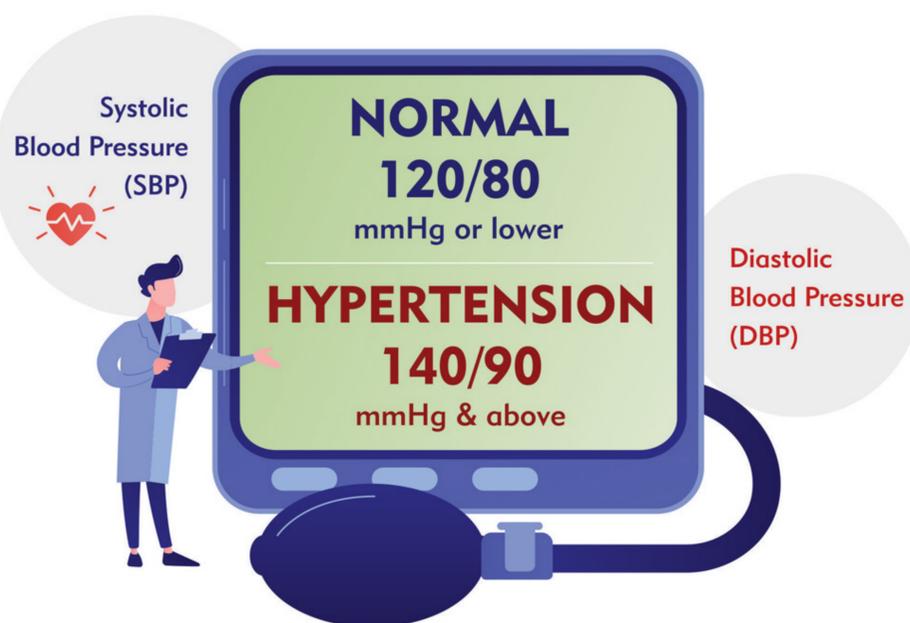


Dizziness / Confusion



Nausea / Vomiting

KNOW YOUR BP NUMBERS⁴



HYPERTENSION INCREASES THE RISK OF⁵

EYE & NERVE PROBLEMS

STROKE

HEART DISEASE

KIDNEY DISEASE

FOR MORE INFORMATION, CONSULT YOUR DOCTOR

TO GET A FREE LIVE VIDEO COUNSELLING SESSION CALL HERE: **18002670975** OR



SCAN THE QR CODE OR LOG ON TO **www.hridayam.org**

1. Type 2 Diabetes and High Blood Pressure: What's the Connection? Available at: <https://www.healthline.com/health/type-2-diabetes/hypertension>, viewed on July 5, 2023. 2. Symptoms of High Blood Pressure. Available at: <https://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-symptoms-high-blood-pressure>, viewed on July 5, 2023. 3. Hypertension. Available at: <https://www.who.int/news-room/fact-sheets/detail/hypertension>, viewed on July 5, 2023. 4. What is blood pressure? Available at: <https://www.nhs.uk/common-health-questions/lifestyle/what-is-blood-pressure/>, viewed on July 5, 2023. 5. High blood pressure dangers: Hypertension's effects on your body. Available at: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868>, viewed on July 5, 2023.

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