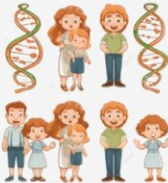


Risk Factor of HYPERTENSION

Risks that cannot be modified

- 1 Age
- 2 Gender
- 3 Family history (genetic)



Modifiable risks

1. Overweight
2. Smoke
3. Lack of physical activity
4. Consumption of excess salt
5. Dyslipidemia
6. Excessive alcohol consumption
7. psychosocial and stress



Complication of HYPERTENSION

1. Heart disease



2. Stroke



3. Kidney disease



4. Retinopathy



5. Pheriperal vascular disease



TELEPHONE

085282806611

MAIL

rumkitdrsiswanto@gmail.com

WEBSITE

www.rsaudrsiswanto.com



HYPERTENSION



Hypertension or high blood pressure is a condition where systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg.

Normal blood pressure is 120/80 mmHg

Often referred to as The Silent Killer because it is often without complaints



Prevention of Hypertension

Check your health regularly

Eliminate any cigarette smoke

Regular physical activity

Do a balanced diet

Important to get enough rest

Keep away from stress

How to control Hypertension

1. Know your blood pressure (normal blood pressure is 120/80 mmHg)
2. Control your blood pressure regularly
3. High blood pressure often has not symptoms
4. Uncontrolled high blood pressure can cause complications
5. Make sure your medication is always available at home
6. Medication is important for controlling your blood pressure
7. Take medication regularly and as directed by your doctor
8. Know the side effects of the medications you take
9. Be careful about using over-the-counter medicines

Manage your diet to Control Hypertension

Sugar

Limit sugar consumption to <50gr (4 tablespoons) per day

Salt

- Limit salt consumption to <5gr (1 teaspoon) per day
- Use less salt when cooking
- Eat less processed and fast food

Protein and fat

- Eat less fatty meat and cooking oil (<5tbsp per day)
- Eat fish at least 3 times a week

Fruits and vegetables

Eat 5 servings (400–500 g) of fruits and vegetables per day. One serving is equivalent to one medium fruit (such as an orange, apple, mango, or banana) or about 3 tablespoons of cooked vegetables.

