


MAY 17

# WORLD HYPERTENSION DAY

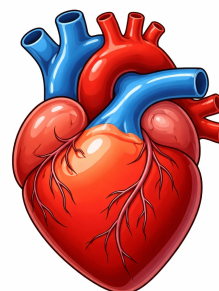
Controlling Hypertension Together



  
~ **1.28 BILLION**  
adults (aged 30-79)  
live with hypertension

Raised blood pressure (hypertension) is the leading preventable risk factor for heart attack, stroke, and premature death worldwide.

Small Steps Today,  
*Stronger Heart Tomorrow*



## BE SURE TO FOLLOW



Check your  
blood pressure  
regularly



Eat a  
balanced,  
low-sodium diet



Exercise  
regularly



Avoid smoking  
&  
Excessive alcohol



Take  
medication  
as prescribed

## Know Your Numbers. Protect Your Future.

BP screenings and lifestyle education reduce stroke, heart disease and kidney disease risks.

Disclaimer: This information is for educational purposes only and does not replace medical advice. Consult a healthcare professional for medical decisions.