

FACTS ABOUT HYPERTENSION



PATIENT PAMPHLET

Providing project patients with an instructive leaflet on the importance of blood pressure control

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RISKS OF UNCONTROLLED BLOOD PRESSURE

01.



Increases the risk of getting a heart attack

02.



Increases the risk of heart failure

03.



Increases the risk of kidney failure

04.



Increases the risk of cognitive decline (the ability to think, remember and reason)

05.



Increases the risk of having a stroke

When did you last check your blood pressure?



LIFESTYLE ACTIVITIES THAT HELP CONTROL BLOOD PRESSURE

01.



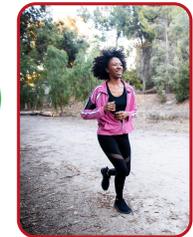
Eating healthy foods such as whole grains, fruits, vegetables and low-fat dairy products

02.



Do not add extra salt to cooked food

03.



Exercise regularly

04.



Quit smoking

05.



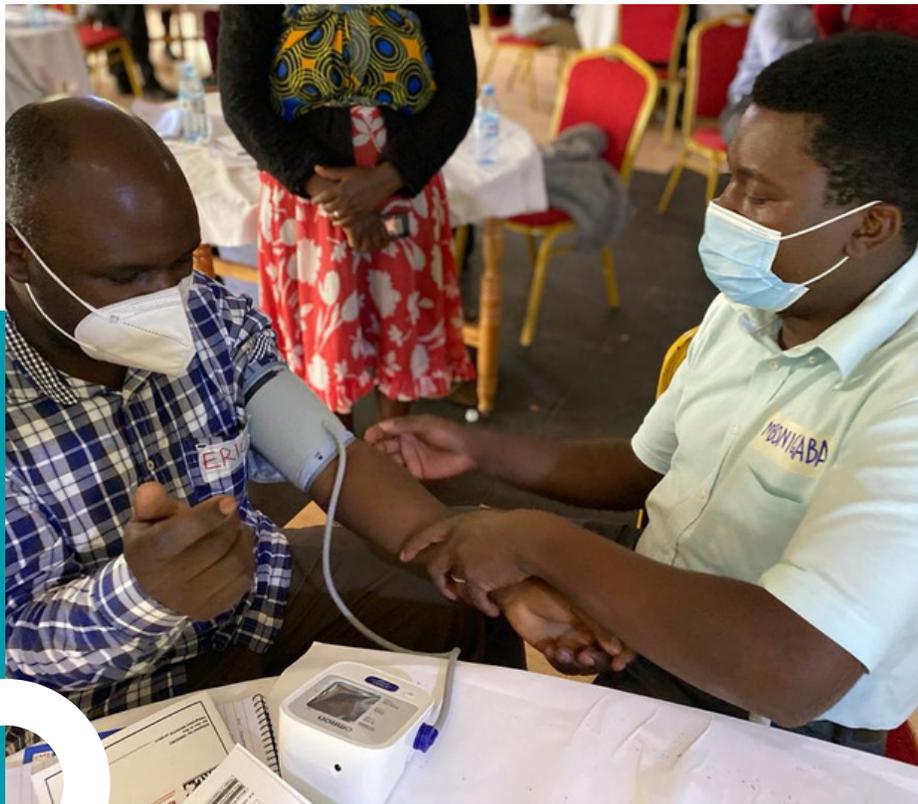
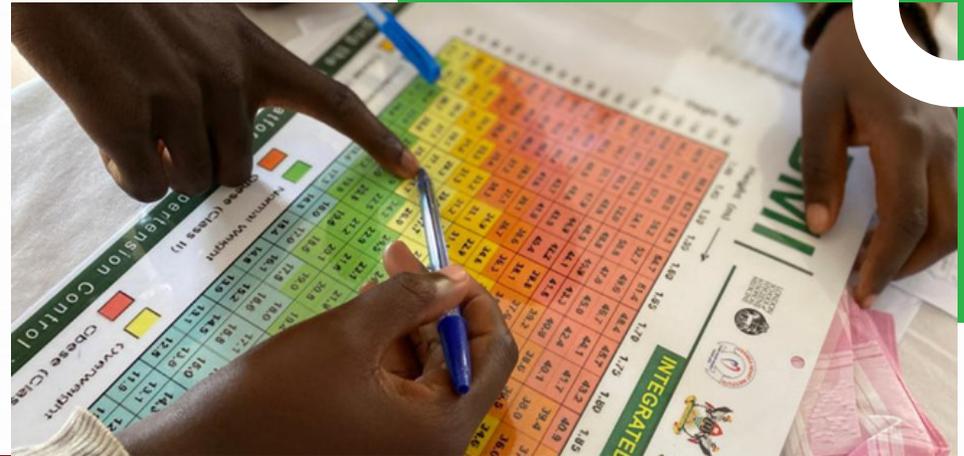
Reduce alcohol consumption

Ask your healthcare providers to measure your blood pressure today or every time you go to the clinic.



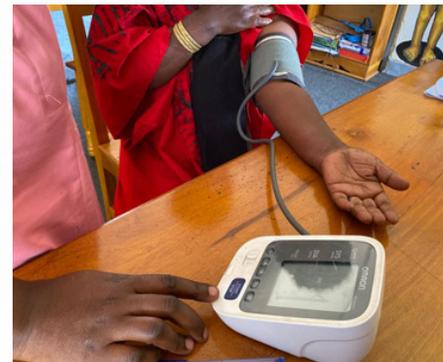
Best practice in HIV & blood pressure care

HIV medications (ARVs) have improved the health of people living with HIV, allowing them to live longer lives hence more likely to develop high blood pressure. Because they are more likely to develop high blood pressure, we recommend blood pressure screening at every clinic visit.



Importance of blood pressure screening

A blood pressure screening is important because high blood pressure usually has no symptoms and cannot be detected without being measured



Importance of blood pressure treatment

Blood pressure treatment helps keep your blood pressure at healthy levels and greatly reduces the risk of heart disease, heart attack, a stroke, kidney failure and cognitive decline

