

Know how to measure your blood pressure

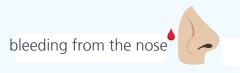


High blood pressure is called The Silent

Silent Disease

Because for some, it does not show any symptoms or signs Even if the readings are very high and life threatening

Some signs of high blood pressure are



shortness of breath



severe headache



dia	astolic blood pressure Normal	Systolic blood pressure Below 120	blood pressure level Below 80
	pre-hypertension	120-139	80-89
	Hypertension	140-159	90-99
	severe hypertension	more than 160	more than 100



وحدة التوعية الصحية Health Awareness Unit