



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | IAU . AMC

مستشفى الملك فهد الجامعي
King Fahd University Hospital



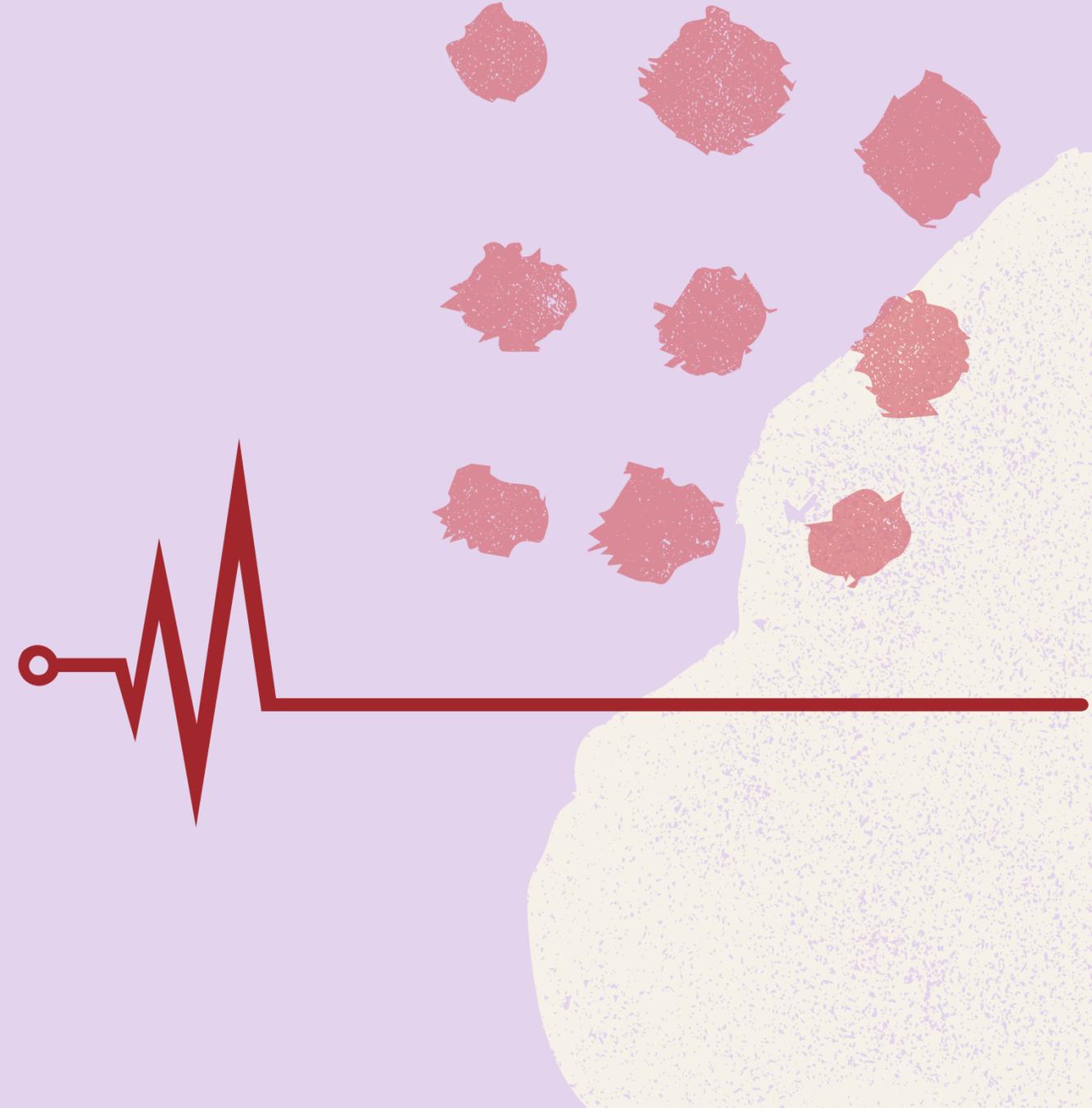
WORLD HYPERTENSION DAY



وحدة التوعية الصحية
HEALTH AWARENESS UNIT

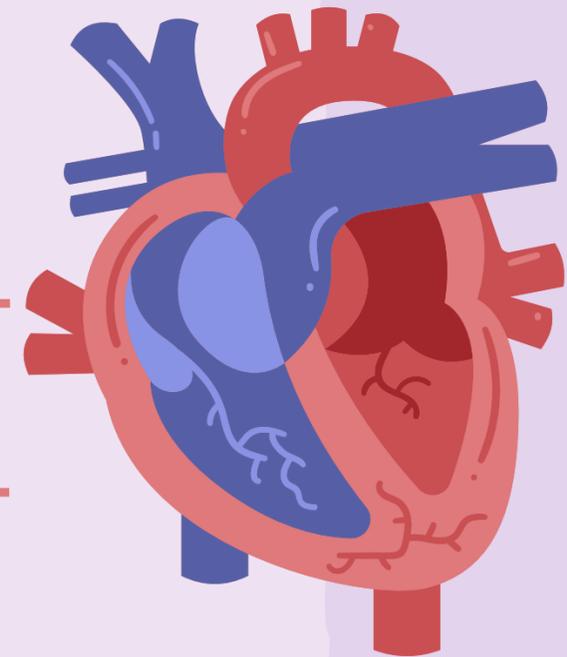
WHAT IS HYPERTENSION?

It is the force with which blood is pushed through the blood vessels. The heart works harder to push blood pressure higher, making it a major risk factor for heart disease, stroke, and other problems, including high blood pressure. High blood pressure is generally a disease that develops over years



BLOOD PRESSURE NUMBERS AND LEVELS

Diastolic Blood Pressure	Systolic Blood Pressure	Blood Pressure level
Below 80	Below 120	Normal
80-89	120-139	Pre-Hypertension
90-99	140-159	Hypertension
More than 100	More than 160	Severe Hypertension



HYPERTENSION IS CALLED

THE SILENT KILLER

Because it usually does not show any symptoms or signs, even if the readings are very high and life-threatening



nosebleed



Shortness of breath



Severe headache



MONITORING BLOOD PRESSURE AT HOME

Blood pressure should be measured regularly. When measuring blood pressure, the following should be taken into account

- 1** Avoid caffeinated drinks 30 minutes before measuring.
- 2** Sit quietly for 5 minutes with your back and legs supported.
- 3** Do not talk during the measurement.
- 4** Keep your elbow close to heart level.

