



Al Ghobra Round About, Muscat, Sultanate of Oman  
Tel: +968 2461 8900/1/2/3/4,  
Fax: +968 2449 7210  
Email: muscat@asterhospital.com  
[www.asterhospital.com](http://www.asterhospital.com)

**For appointments call 9855 0066**



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# HYPERTENSION

## Don't crack under pressure



Are you checking your Blood Pressure regularly?  
Are you consuming too much of salt in your daily food?  
Did you know that Hypertension is also called a 'silent killer'?





## HYPERTENSION (HIGH BLOOD PRESSURE)

Hypertension or high blood pressure is defined as consistently elevated blood pressure above 140/90 mm Hg. You have hypertension if your systolic BP is 140mmHg or more, or your diastolic BP is 90mmHg or more, or both.

It is classified as:

Primary hypertension - where no medical cause has been found.

Secondary hypertension - caused due to other conditions including kidney, heart problems

### Signs & Symptoms

- Headache
- Drowsiness
- Fainting episodes

- Palpitation (fast, recognizable heart beats)
- Confusion
- Vision disorder
- Nausea
- Vomiting

### Causes

- In 95% of cases, the cause is unknown
- Smoking Stress
- Sedentary lifestyle
- Potassium deficiency
- Alcohol intake
- Ageing
- Vitamin D deficiency
- Excessive salt intake
- Hormonal imbalance issues like obesity and diabetes

### Complications

- Atherosclerosis (hardening of arteries)
- Heart Attack
- Heart failure
- Left ventricular hypertrophy (enlargement of a left heart chamber)
- Retinal damage
- Kidney Failure
- Peripheral Vascular diseases
- Paralysis of one or both sides of the body

### Prevention

- Weight reduction
- Regular exercise
- Low fat diet
- Reducing sodium intake
- Discontinue smoking
- Avoid alcohol intake
- Reduce psychological and physical stress
- Treatment and control of diabetes
- Treatment and control of high blood cholesterol levels

## Management

- Regularly monitor blood pressure level
- Start antihypertensive drugs ONLY as prescribed by your doctor
- Monthly follow-up with the doctor to assess drug requirements. Please do not stop your pill even if you feel better.
- Regularly monitor blood pressure level
- Take diet rich in fruits, vegetables, and high fibre foods.

**Long term effective control of blood pressure is crucial in reducing the risks of serious complications of hypertension.**

