

English

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

World Hypertension Day

Measure your blood pressure and control it to live a long and healthy life

May 2021

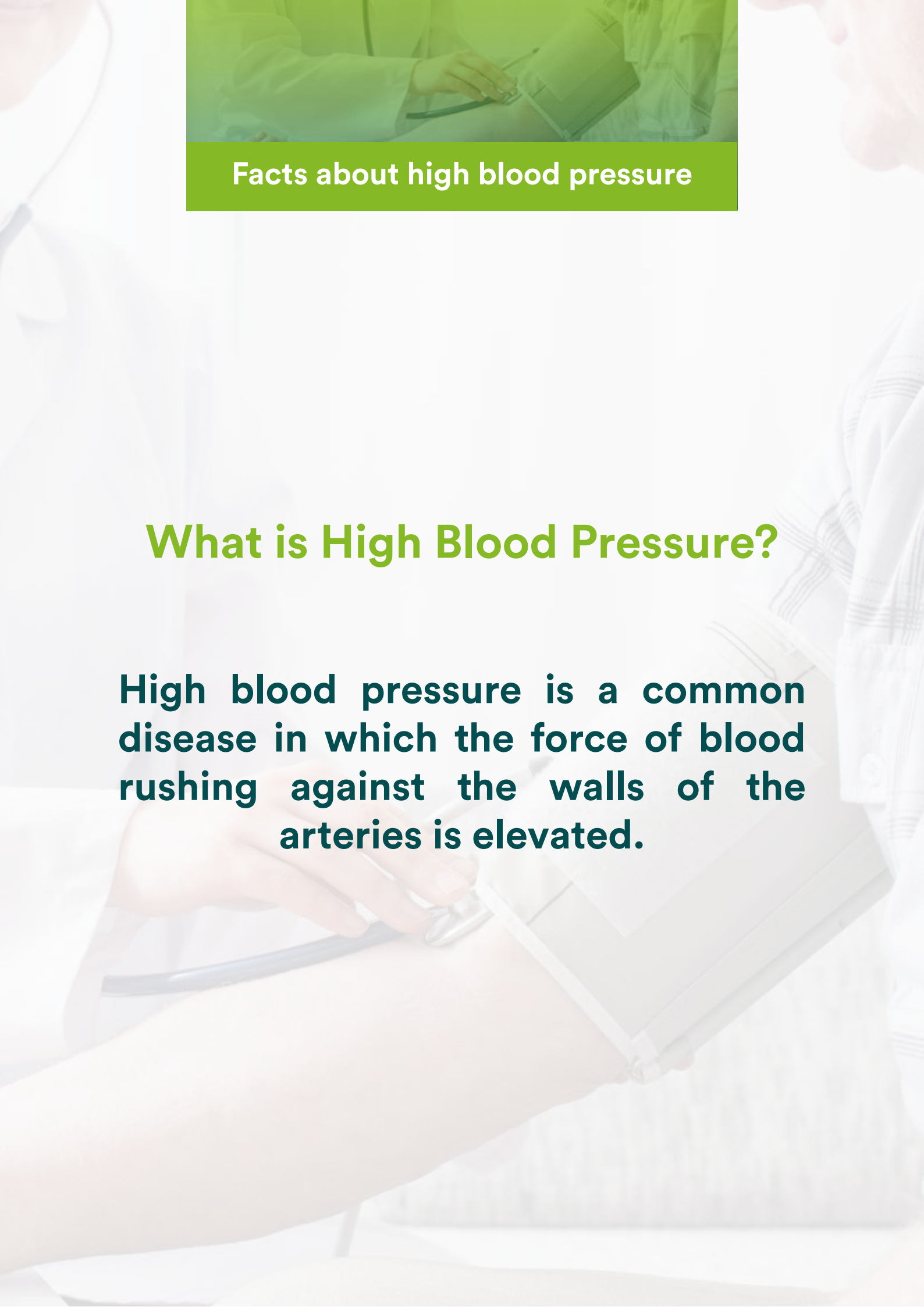
#PublicHealthMatters



Facts about high blood pressure

What is High Blood Pressure?

High blood pressure is a common disease in which the force of blood rushing against the walls of the arteries is elevated.

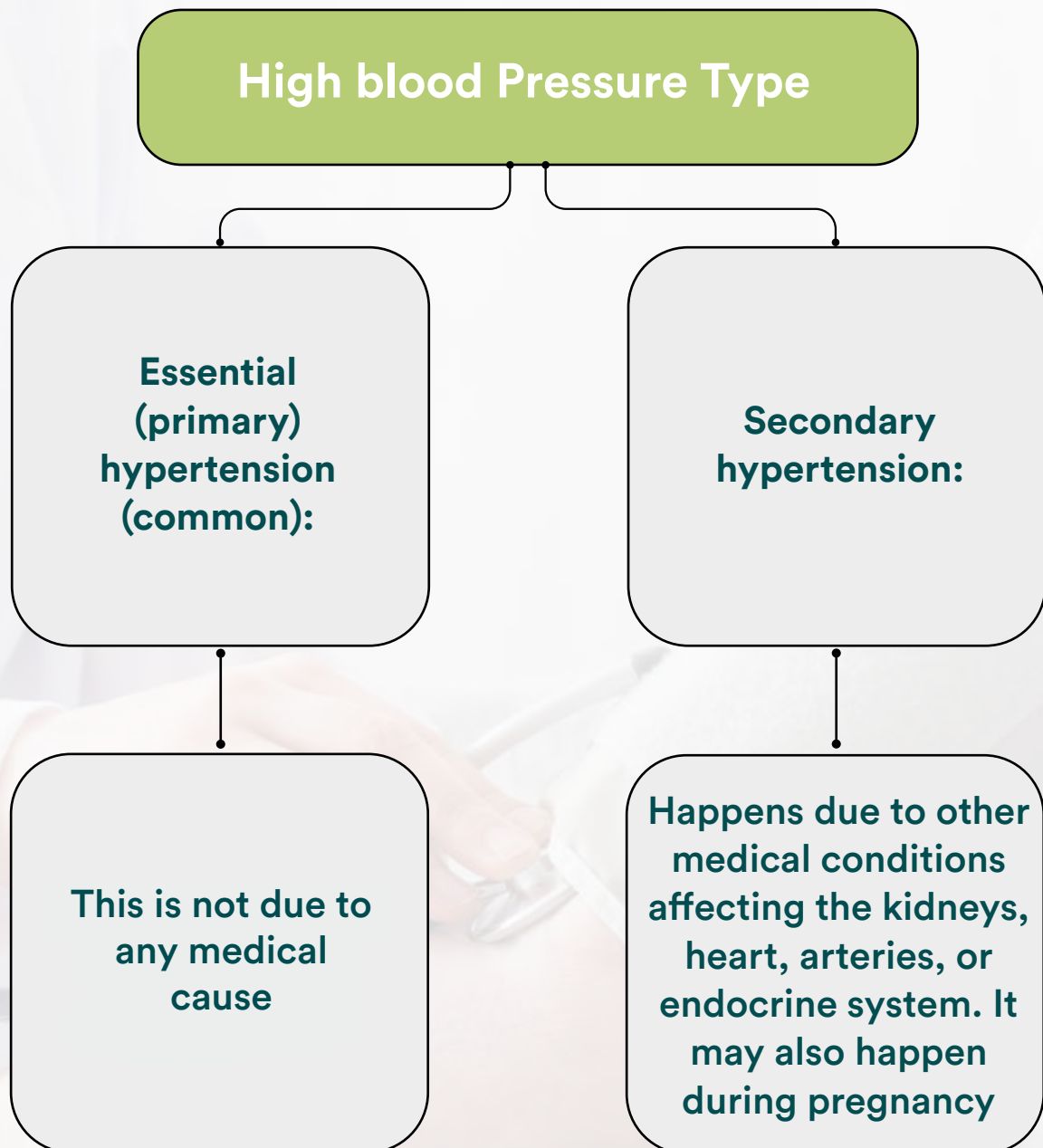




Facts about high blood pressure

- **High blood pressure may lead to many health problems such as heart diseases.**
- **The prevalence of hypertension in the UAE, according to WHO statistics, is 15%, and it is the cause of 45% of cardiovascular diseases.**
- **It is called a silent killer as most people do not show any symptoms when the BP is elevated.**
- **High blood pressure damages blood vessels and the heart, and if left undiagnosed may lead to an increased risk of heart attack or stroke.**

Types

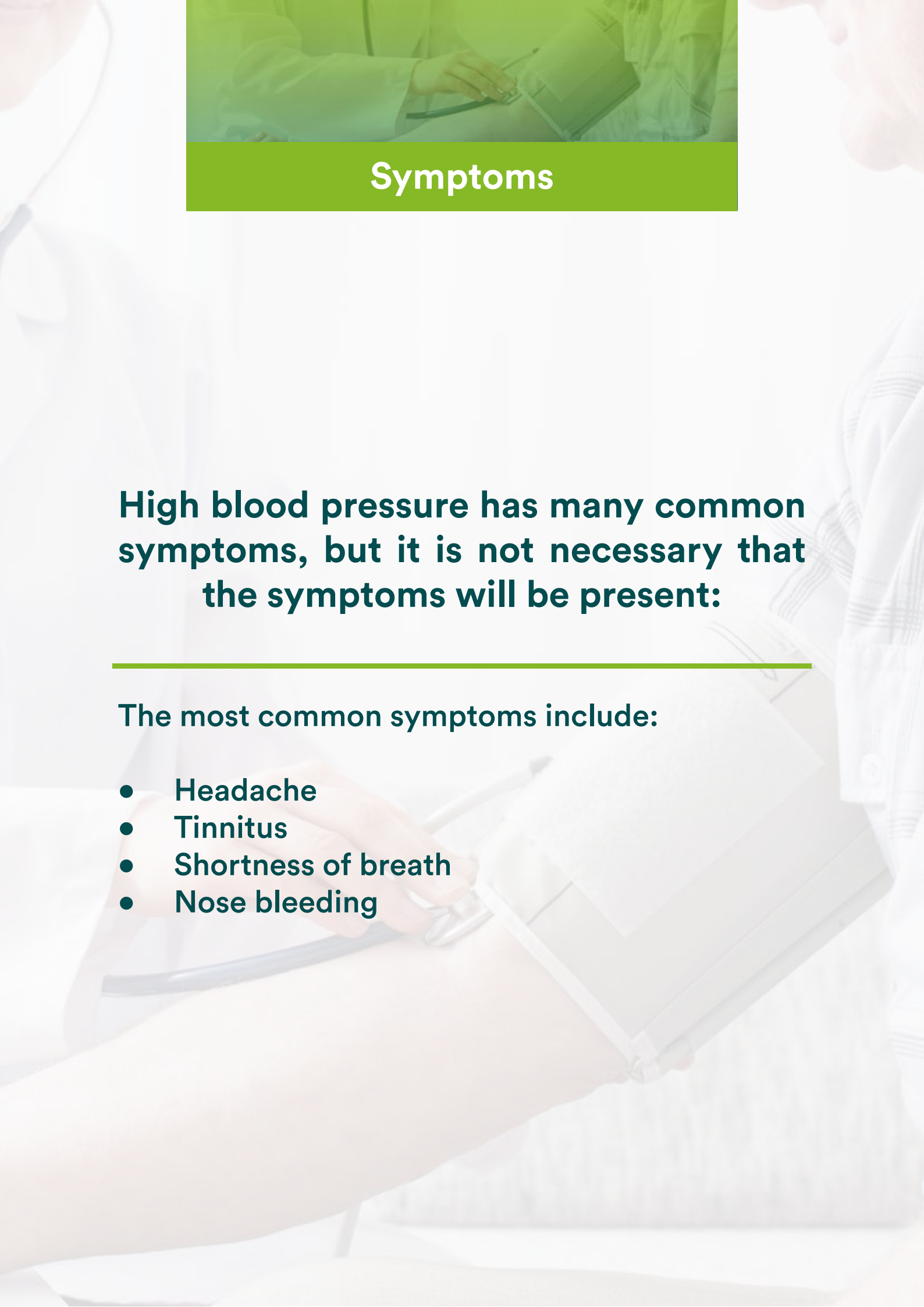




Symptoms

High blood pressure has many common symptoms, but it is not necessary that the symptoms will be present:


The most common symptoms include:

- **Headache**
 - **Tinnitus**
 - **Shortness of breath**
 - **Nose bleeding**
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Risk Factors

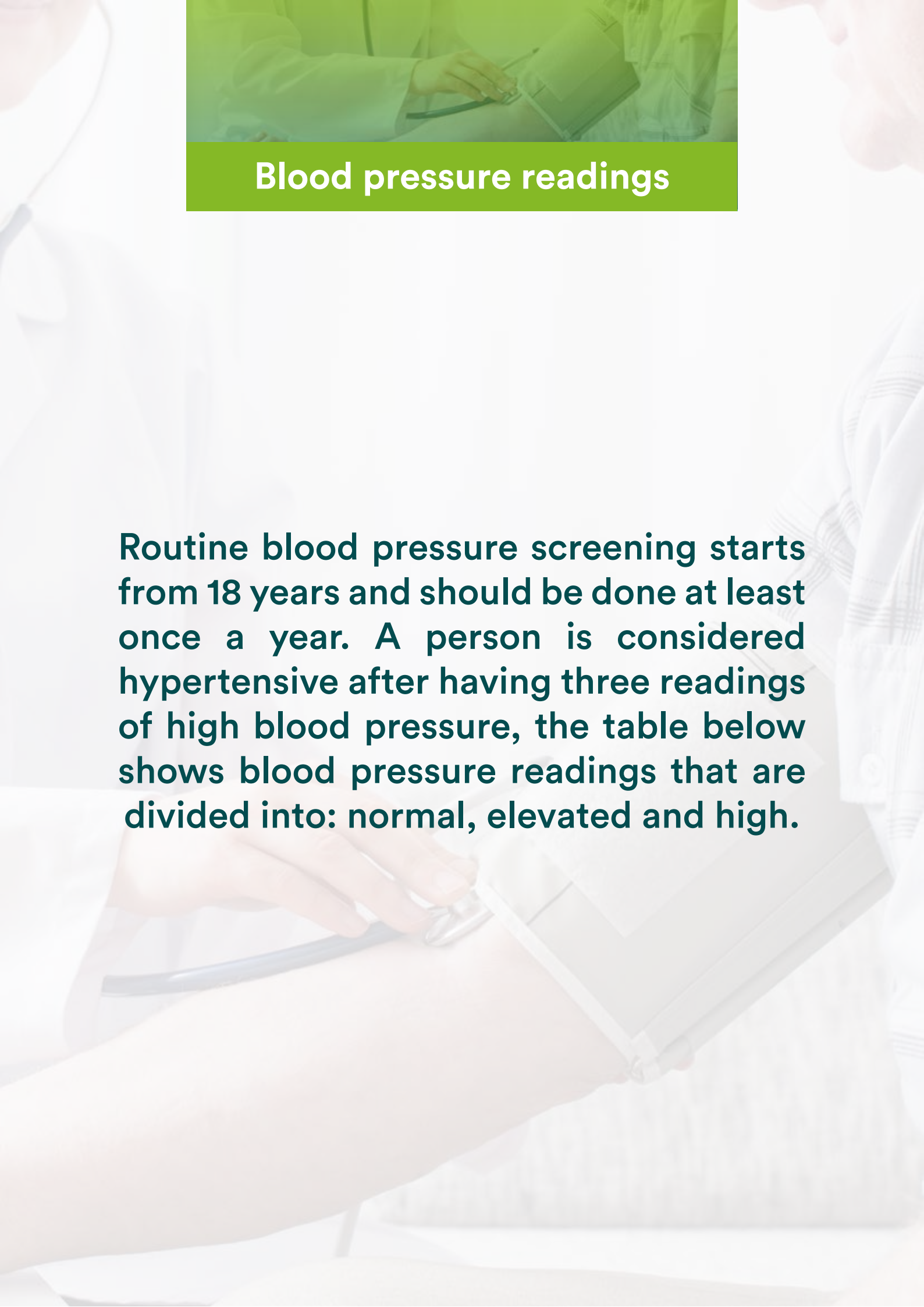
Factors that increases the risk of developing high blood pressure

- **Overweight and obesity**
 - **Family history**
 - **Lack of physical activity**
 - **Smoking**
 - **Stress**
 - **Diet high in salt**
 - **Potassium deficient diet**
 - **Aging**
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Blood pressure readings

Routine blood pressure screening starts from 18 years and should be done at least once a year. A person is considered hypertensive after having three readings of high blood pressure, the table below shows blood pressure readings that are divided into: normal, elevated and high.





Blood pressure categories

Blood Pressure Category	Systolic mm Hg (upper#)		Diastolic mm Hg (lower#)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension Stage 1)	130-139	or	80 - 89
High Blood Pressure (Hypertension Stage 2)	140 or higher	or	90 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	and/or	higher than 120



Treatment

People with high blood pressure may need to start with medical treatments but it does not substitute lifestyle change and therefore to better control your blood pressure:

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- **Adjust your diet and be physically active**
 - **Weight loss is important for patients suffering from obesity**
 - **Quit Smoking**
 - **Take your prescribed medications**