

HYPERTENSION

Living Well with High Blood Pressure

What is Hypertension?

Hypertension or high blood pressure refers to the condition in which the blood is pumped around the body at too high a pressure



Blood Pressure (BP)
120/80 mmHg

Systolic BP (Contraction of the heart)

- The higher value
- Refers to blood pressure when your heart beats

Diastolic BP (Relaxation of the heart)

- The lower value
- Refers to the blood pressure when your heart is resting

Normal BP: Below 130/85 mmHg

If your blood pressure is:
Systolic BP > 140 mmHg
Diastolic BP > 90 mmHg

You may have hypertension!



More than **1 in 2** Singapore residents aged **60 to 69 years old** have hypertension



Slightly less than **1 in 4** Singapore residents aged **30 to 60 years old** have hypertension

What Puts You at Risk?



Family History



Chronic Diseases

e.g. Diabetes, Sleep Apnea



Stress



Smoking or Excessive Drinking



Obesity or Overweight
BMI > 23kg/m²



Unhealthy Diet

Lack of Physical Activity



What Can You Do to Manage Hypertension?

Maintain a Healthy Diet Lifestyle Changes



✓ **Limit Fat Intake**



✓ **Maintain Your BMI Between 18.5 – 23kg/m²**



✓ **Limit Cholesterol Intake**

Major cholesterol sources:
Organ meats, egg yolk, seafood and animal fats



✓ **Exercise for at least 150 mins a week**



✓ **Increase Fibre Intake**

Take more oats, fruits, vegetables and whole grains



✓ **Limit Alcohol Intake and Do Not Smoke**



✓ **Take Vitamin D and Omega 3**

Take Note!



- Hypertension is a 'Silent Killer'
- Uncontrolled high blood pressure can be dangerous as it increases the risks of serious health problems (e.g. heart attack, stroke and kidney failure)
- Maintaining a healthy lifestyle and taking your medications on time (if required) is important



Scan to find out more about your condition

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