

FINDING OUT IF YOU HAVE HYPERTENSION

Could save your life



1.5 BILLION

WORLDWIDE WILL HAVE HYPERTENSION
(ALSO KNOWN AS HIGH BLOOD PRESSURE)



51%

OF PEOPLE WHO HAVE
THEIR FIRST **STROKE**

&

45%

OF PEOPLE WHO HAVE
THEIR FIRST **HEART ATTACK**



HAVE HIGH BLOOD PRESSURE

Currently

IT ACCOUNTS FOR

9.4 MILLION DEATHS PER YEAR



ACT NOW TO GET

LOWER BLOOD PRESSURE

Drink in Moderation

Alcohol contains unwanted calories, reduction of excessive alcohol intake can lower your blood pressure or CV risk

Watch Your Weight

2/3 of hypertension can be directly attributed to obesity

Get Moving

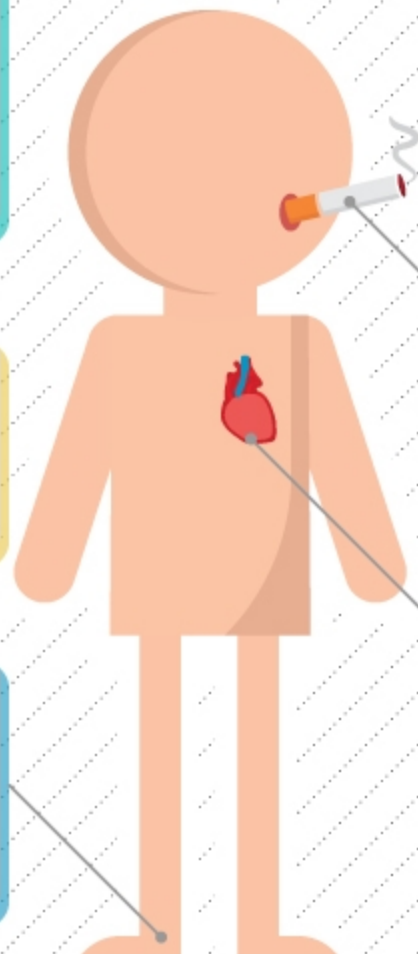
Walking, running and cycling have all been shown to lower blood pressure in patients with hypertension

Stop Smoking

Smoking cessation is probably the single most effective lifestyle measure

Get Heart Healthy

Choose a heart healthy diet low in sodium, cholesterol, saturated and total fat



Reference: http://apps.who.int/iris/bitstream/10665/79059/1/WHO_DCO_WHD_2013.2_eng.pdf

Don't hesitate

Talk to your doctor, it could save your life.



Boehringer
Ingelheim