

PREVENTION FROM A BLOOD TEST SCREENINGS

LIPID PROFILE (LDL & HDL)

Monitor cholesterol and heart disease risks

THYROID FUNCTION TESTS (TSH, T3, T4)

Identify any thyroid-related conditions linked to high blood pressure.

URINALYSIS

Assesses kidney health and identifies signs of kidney damage.

BLOOD SUGAR TESTS

Identifies diabetes, which can worsen the effects of hypertension.

(HbA1c / Fasting Blood Glucose)



Although the main method for diagnosing hypertension is measuring **blood pressure**, blood tests can complement the health check-up by providing information about **potential** underlying causes and additional risk factors that may **lead to complications**.

If **hypertension** is suspected, regular blood pressure monitoring is necessary to confirm the diagnosis and determine appropriate management strategies.

It's important to note that while these blood tests can provide valuable information.



VISIT US

Scan the **QR code** to find the nearest lab to you.

CERBA LANCET ESWATINI

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MBABANE

Mon - Fri: 8 am - 5pm
Sat: 8am - 1pm
Sun: Closed
Public Holidays: Closed

MANZINI

Mon - Fri: 8 am - 5pm
Sat: 8am - 1pm
Sun: Closed
Public Holidays: 8am - 1pm

EZULWINI PRIVATE HOSPITAL

Mon - Sun: 24 Hours
Public Holidays: 24 Hours

EZULWINI MEDISUN HOSPITAL

Mon - Fri: 7am - 7pm
Sat: 8am - 3pm
Sun: 8am - 1pm
Public Holidays: 8am - 1pm

OPENING TIMES



KEEP TRACK

Monitoring your numbers is the **first step** to a healthier heart.



Hypertension is a major cause of premature death worldwide. High Blood Pressure/ Hypertension, is a chronic condition that occurs when the force of blood against the artery walls remains consistently too high. Over time, this can place extra strain on the heart and blood vessels, increasing the risk of serious health complications if left untreated.

PREVENTION

These lifestyle changes can help prevent and lower high blood pressure.

Engage in regular physical activity, at least 30 minutes most days of the week.

Limit alcohol intake & avoid smoking

Maintain a healthy weight and follow a balanced diet low in sodium, saturated fats, & cholesterol.



RISK FACTORS

1. Age
2. Family history
3. Lifestyle choices: Unhealthy habits such as a poor diet, lack of exercise, smoking, and excessive alcohol consumption can elevate the risk.
4. Being overweight or obese
5. Not being physically active
6. High-salt diet
7. Drinking too much alcohol
8. Chronic conditions: diabetes, kidney disease, and sleep apnea can also increase the likelihood of hypertension.

An estimated 44% of adults with hypertension are unaware that they have the condition.

People with high blood pressure may not feel symptoms. One main way to know is to get your blood pressure checked.



- Eat more vegetables and fruits.
- Be physically active: walking, running, swimming, dancing or activities that build strength, like lifting weights.
- Control your weight.
- Take medicines as prescribed by your health care professional.
- Keep all scheduled appointments with your healthcare professional.



SYMPTOMS

- Severe headaches
- Chest pain
- Dizziness
- Difficulty breathing
- Nausea
- Vomiting
- Blurred or other vision changes
- Anxiety
- Confusion
- Buzzing in the ears
- Nosebleeds
- Abnormal heart rhythm

Hypertension is often referred to as the "silent killer" because it may not present noticeable symptoms in the early stages.

People with very high blood pressure. (Usually 180/120 or higher.)

