

KEEP TRACK

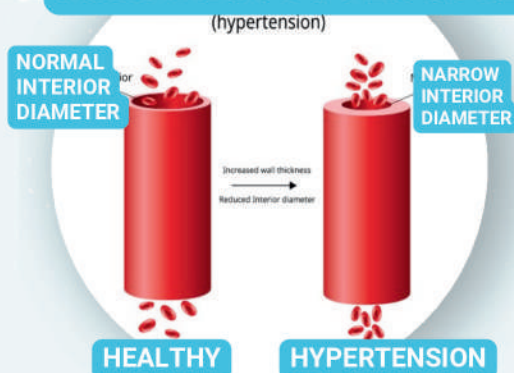
Monitoring your numbers is the **first step** to a healthier heart.



NEWSLETTER

- An estimated 1.4 billion adults aged 30–79 years
- Two-thirds of adults aged 30–79 years who have Hypertension live in low- and middle-income countries.
- An estimated 600 million adults with Hypertension (44%) are unaware that they have the condition.
- Approximately 630 million adults with Hypertension (44%) are diagnosed and treated.
- Approximately 320 million adults with Hypertension (23%) have it under control.
- Hypertension is a major cause of premature death worldwide.

HIGH BLOOD PRESSURE



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).

1. **Blood pressure** is the force of blood pushing against the walls of your **arteries** as your heart pumps blood through them. The narrower an artery, the greater the force needed to push the blood through it.
2. The higher value is referred to as the **systolic pressure** (when the heart beats), the lower value as the diastolic pressure (when the heart rests between beats).

SYMPTOMS

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

WHY EARLY DIAGNOSIS MATTERS?

High blood pressure (or hypertension) refers to blood pressure that is high enough to damage the blood vessels and organs in the body, eventually leading to health problems such as heart disease.

- ✓ Detect high blood pressure early
- ✓ Reduce the risk of heart attacks and strokes
- ✓ Prevent organ damage
- ✓ Monitor treatment effectiveness
- ✓ Encourage healthier lifestyle choices
- ✓ Give you peace of mind about your health

THE FOLLOWING LIFESTYLE CHANGES ARE IMPORTANT

1. Decrease the amount of salt in your diet
2. Maintain a healthy weight
3. Increase physical activity
4. Limit Alcohol
5. Don't smoke
6. Manage stress
7. Monitor your blood pressure
8. Find time to relax

What are the long-term effects of Hypertension?
The higher your blood pressure and the longer it is uncontrolled, the greater the damage to your body.

Check your blood pressure with us.



1

PRIMARY (ESSENTIAL) HYPERTENSION

This is the common type of high blood pressure. The cause of primary hypertension is not clear. It affects adults and usually develops gradually over many years.

2

SECONDARY HIGH BLOOD PRESSURE

This is high blood pressure for which there is an identifiable cause. It tends to appear suddenly, causing very high blood pressure readings.



CAUSES OF HYPERTENSION

Kidney problems
Tumours of the adrenal glands
Abnormalities of the blood vessels that some people are born with (Congenital)
Certain medication
Types of recreational drugs, e.g., Cocaine and Amphetamines

NORMAL ARTERY

ARTERY WALL

NORMAL BLOOD FLOW

Regular blood pressure screening helps, knowing your numbers is the first step toward protecting your health.

PLAQUE

NARROWING OF ARTERY

ABNORMAL BLOOD FLOW

DID YOU KNOW?

Most people with high blood pressure do not have any symptoms until they start to develop complications. Some people may have headaches or dizziness. For this reason you should have your blood pressure checked regularly, at least once a year.

References:

- World Health Organization (WHO). Hypertension Fact Sheet. Available at: <https://www.who.int/news-room/fact-sheets/detail/hypertension>. Accessed: July 2026.
- Lancet Laboratories South Africa. Internal health education and laboratory screening resources. Accessed: July 2025