

Prevention of Hypertension

C Check your health regularly

E Eliminate any cigarette smoke

R Regular physical activity

Do a balanced diet

I mportant to get enough rest

K eep away from Stress

Hipertensi
Tekanan Darah Tinggi

Manage Your diet with:



Sugar

Limit sugar consumption to <50 grams (4 tbsp per day)

Salt

- Limit salt consumption to <5 grams (1 tsp) per day
- Use less salt when cooking
- Eat less processed and fast food



Protein and Fat



- Eat less fatty meat and cooking oil (<5 tbsp per day)
- Eat fish at least 3 times a week

Fruits and Vegetables

5 servings (400-500 grams) of fruits and vegetables per day (1 serving is equivalent to 1 orange, apple, mango, banana, or 3 tbsp of cooked vegetables)



How to control Hypertension:

1

- Know your blood pressure (normal blood pressure is 120/80 mmHg)

2

- Control your blood pressure regularly

3

- High blood pressure often without symptoms

4

- Uncontrolled blood pressure will cause complication

5

- Make sure the medication is available at home

6

- Medicine is important for maintaining your blood pressure

7

- Take medication regularly and as directed by your doctor

8

- Now the side effects of the medicine you take

9

- Be careful about using over-the-counter medicines

Risk Factor for Hypertension:

Risks that cannot be modified

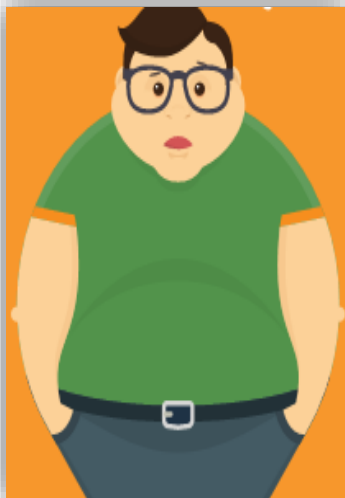
Age

Gender

Family history (genetic)



Modifiable risks



Overweight (Obesity)

Smoke

Lack of physical activity

High-fat diet

Consumption of excess salt

Dyslipidemia

Excessive alcohol consumption

Psychosocial and stress

Complication of Hypertension

Penyakit Jantung



Heart disease



Stroke

Stroke

Penyakit Ginjal



Kidney disease



Retinopati (kerusakan retina)

Retinopathy (damage to the retina)



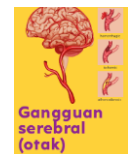
Penyakit pembuluh darah tepi

Peripheral vascular disease



Gangguan saraf

Nerve disorder



Gangguan serebral (otak)

Cerebral disorder (brain)



Rumah Sakit Umum Daerah
Kota Makassar

Hypertension



Hypertension or high blood pressure is a condition where systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg)

Normal blood pressure is
120/80 mmHg

Often referred to as **The Silent Killer** because it is often without complaints