

April 26th

# National Hypertension Prevention and Combat Day

Hypertension (high blood pressure) is a condition caused by the increase in the force of contraction of the heart and artery walls to boost blood, and its intensity can cause damage to these structures due to the increase of blood pressure.

**THERE'S CONSIDERED TO BE HYPERTENSION WHEN THE MEASUREMENTS ARE EQUAL TO OR GREATER THAN 140 BY 90 (140 MMHG X 90 MMHG).**



#### HYPERTENSION SYMPTOMS:

Generally, symptoms include dizziness, shortness of breath, palpitations, headache, vision loss.

#### MAIN CAUSES:

Being overweight or obese, having family history of the condition, stress, age and an unhealthy lifestyle are some risk factors that aid in the development of the condition.



Excessive consumption of salt and other inappropriate eating habits, such as consuming processed foods excessively, can also cause this problem.

#### PREVENTIVE CARE:

- Maintain a proper weight
- Don't consume salt or processed foods excessively
- Avoid fatty foods
- Practice physical activities regularly
- If you are a smoker, quit smoking
- Drink alcohol in moderation
- Keep diabetes under control
- Measure your blood pressure regularly



#### TIP! SALT DUPES

Salt is a very common spice in the Brazilian cuisine, still, reaching the daily consumption target set by the World Health Organization, which is only 5g / day (1 teaspoon) is possible. In order to do this, try using aromatic herbs such as: basil, thyme, mint, parsley, fennel, bay leaf, coriander, saffron or sage. Spices like black pepper, curry, paprika, nutmeg, cinnamon, ginger and cloves can also be used to give more flavor to the meal without compromising our health.

