

High blood pressure (hypertension) is regarded as the silent killer because it has no obvious symptoms. Studies show that the disease affects more than 1.5 billion people worldwide, and about 7 million people die each year from hypertension. One of the major barriers to effective control of hypertension is simply that people are not aware their blood pressure is high.

Because there are no symptoms with high blood pressure, people can have the condition without knowing it. Diagnosing high blood pressure early can help prevent heart disease, stroke, eye problems and chronic kidney disease.

By making lifestyle changes, you can lower your blood pressure and reduce your risk of heart disease:

- lose extra pounds
- Exercise regularly
- Eat a healthy diet
- Reduce Sodium in your diet
- Limit the amount of alcohol you drink
- Avoid tobacco products and secondhand smoke
- Cut back on caffeine
- Reduce stress
- Monitor your blood pressure at home and make regular doctor's appointments