

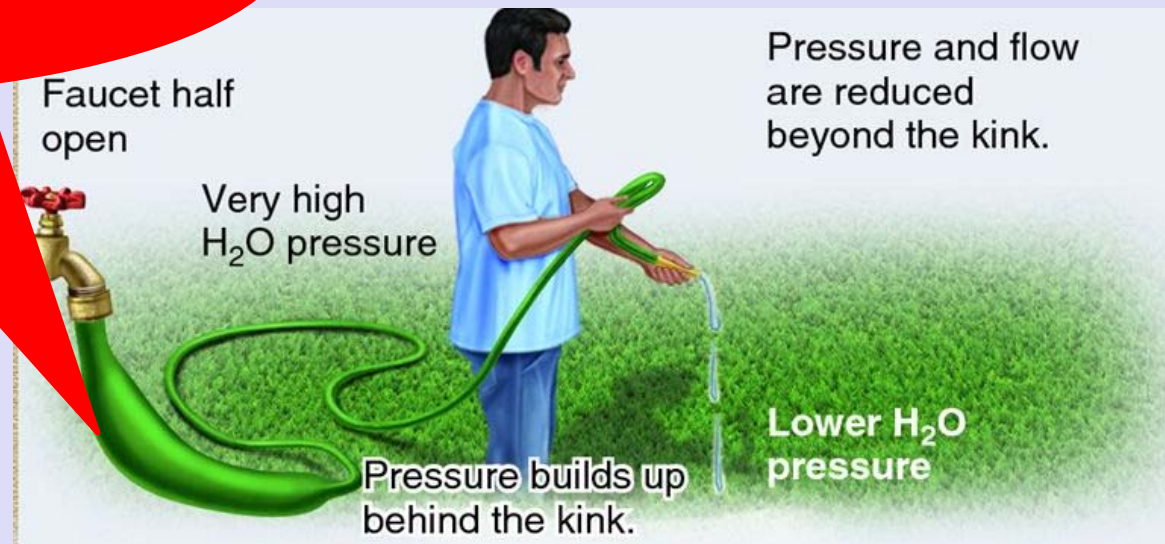


Controlling Hypertension in Rural India

Meeting # 6

High Blood Pressure

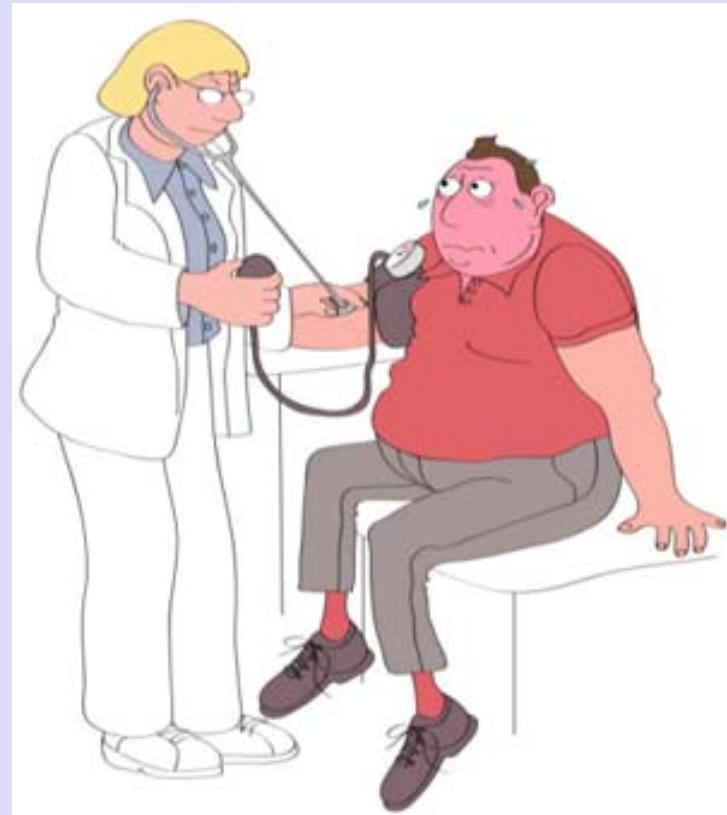
The pressure behind the kink builds up and the flow of blood is slower



**High Blood Pressure
is more than 140/90 mm of Hg**



High Blood Pressure is a silent killer



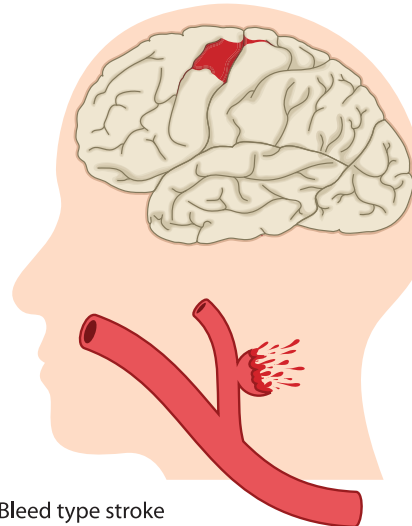
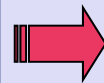
High Blood Pressure can cause cardiovascular disease



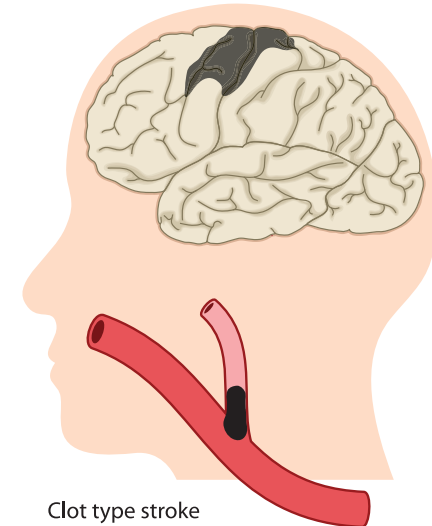
Heart Attack



**Stroke
(Paralysis)**



Bleed type stroke



Clot type stroke

Risk Factors



Managing your hypertension



Where can you get your BP checked?



Where can you get the medicines?



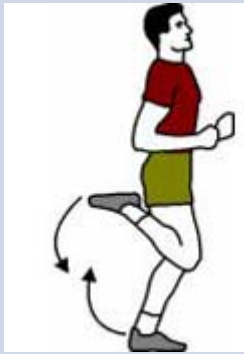


Generic or branded medicine?














Demonstrating physical activity intensity

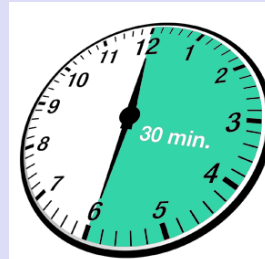
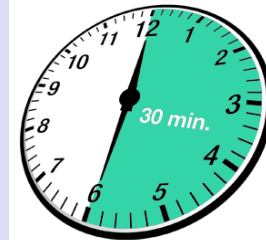
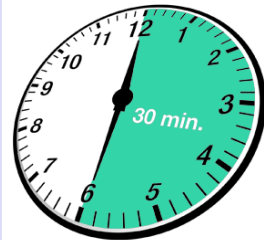
EVERYBODY STAND UP!

Intensity	Breathing test	Activity
LIGHT	Chatting and singing	
MODERATE	Talking – more difficult Singing not possible	
VIGOROUS	Talking not possible, gasping, breathing heavily	

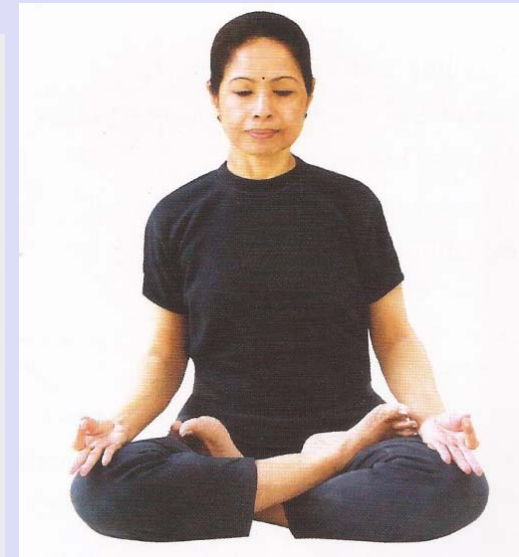
How hard do I have to work?

Intensity (How hard)	Duration (how long)	Frequency (how often)
MODERATE 		 
VIGOROUS 		 
MUSCLE STRENGTHENING 		

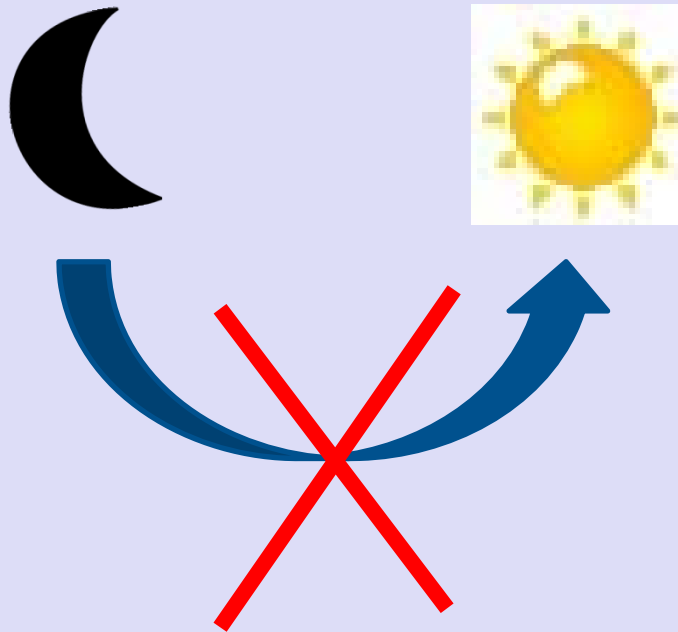
Be Active Every Day



Keep Calm/ Relaxation



Overnight fitness



**This didn't happen
overnight**



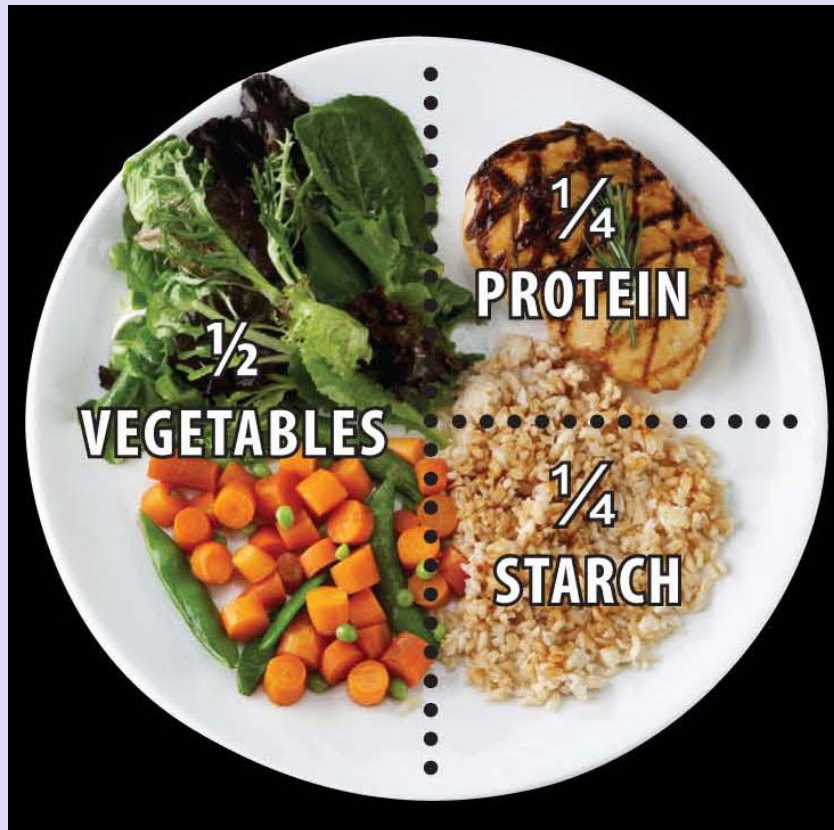
.... Neither did this

Key messages about diet to improve your blood pressure



Dietary recommendations

Food portions



Reduce Salt in your diet



Reduce Sugar in your diet





Avoid the intake of oily/fried foods



Stop Tobacco use





5 Rules for Lower Blood Pressure



Rule 1. Avoid excess fats, oils and salt



Rule 2. Eat more fresh fruits and vegetables



Rule 3. Quit tobacco and alcohol



Rule 4. Be Physically Active



Rule 5. Check your BP regularly





Key behaviours to help you manage better

- **TAKE HYPERTENSION MEDICINES AS DIRECTED**
- **PHYSICAL ACTIVITY-** *get 150 minutes per week of moderate (e.g., brisk walking) or more strenuous exercise in bouts of at least 10 min each*
- **HEALTHY DIET-** *low in saturated fat, cholesterol, and total fat, salt and sugar and higher in fruits, vegetables, and low-fat dairy foods*
- **MINIMIZE INTAKE OF SWEET FOODS -** *cakes, pastries, sweetened drinks*
- **SPEAK TO YOUR HEALTH CARE PROVIDER-** *If problems with medicines or concerns that they are not working, etc.,*
- **MONITOR YOUR BLOOD PRESSURE** *even if you are feeling well.* **See doctor every 3-4 months to review**
- **HAVE FUN IN LIFE -** *enjoy your families and friends. If this is hard, talk with your fellow group member or doctor's office*
- **HEALTHY SELFISHNESS -** *you have the right to do what you need to do for your health. Don't be afraid/ashamed to ask your family to help you with your blood pressure management.*

