

## **Keep your Hypertension in check: Know your BP**

**Mohali, May 17, 2017:** Hypertension is high or raised Blood Pressure (BP), a condition in which the blood vessels have constant raised pressure, putting them under increased stress. BP is created by the force of the blood that pushes against the walls of blood vessels (arteries) as it is pumped by the heart.

**On the occasion of the 'World Hypertension Day'** - experts from Fortis Hospital Mohali shared Do's and Don'ts related to one's blood pressure, factors leading to hypertension/high blood pressure (BP) and how this health hazard can be prevented. The theme for the year 2017 is '**Know Your Blood Pressure**'.

Normal adult BP is 120 mm Hg when the heart beats (systolic), and about 80 mm Hg when the heart relaxes (diastolic). When the systolic BP is 140 mm Hg or above, and the diastolic BP is 90 mm Hg or above, the BP is considered as high. This is a condition when the heart and blood vessels in the other body organs are at a risk. Two of these vital organs are the brain and the kidneys.

Despite the awareness that is spread through personal talks and the media, millions of people across the world suffer from hypertension. A large number of these patients develop further complications like stroke, diabetes and renal failure.

**Dr. Amit Sharma, Consultant, Nephrologist, Fortis Hospital Mohali,** shared some valuable information to recognize and manage hypertension effectively:

### **Causes:**

Modern lifestyle, with lack of exercise, long hours in front of computers, frequent fast-food intake and stress at work, has increased the prevalence of high blood pressure. It is a silent killer as there are no obvious signs and symptoms for high blood pressure.

### **Symptoms:**

If you experience the following, visit your doctor at the earliest or get your blood pressure checked. Frequent headaches, irregular heartbeat, weakness, giddiness, anxiety, chest pain, confusion in the mind or unexplained nausea.

### **Precautions:**

It's extremely important that people modify their lifestyles to enhance the chances of leading a healthy life. Those who lead a sedentary life, must find time for sufficient exercise and modify their diets to suit their body and the environment they live in. They must remember that high levels of salt and oil can be detrimental to their health. An exercise as simple as using the staircase and not the lift at one's workplace, walking up to the market close by, and a morning walk or a jog helps tremendously.

Besides a healthy diet and exercises, it is advised that people who are inclined to develop hypertension should minimize or stop the consumption of alcohol and tobacco. Hypertension is also hereditary. Hence, people with family histories of this problem should

**Press Release**

For Immediate Publication



be extra cautious. In addition, leading a stress-free life can do wonders to maintain a normal level of one's blood pressure. For this, planning in advance, not trying to achieve unachievable goals and finding time for leisure goes a long way.

Anyone above the age of 45 years should have their blood pressure measured every two years. Another aspect is related to those who are on drugs for treatment of high blood pressure. You should not stop taking these medications once your blood pressure is controlled without talking to your doctor.

**About Fortis Hospital Mohali**

*Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.*

**About Fortis Healthcare Limited**

*Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 346 diagnostic centres.*

**For more information, please contact:**

<b>Fortis Healthcare Limited</b>  <b>Priyanka Vij Monga</b>   7508621835  <a href="mailto:priyanka.monga@fortishealthcare.com">priyanka.monga@fortishealthcare.com</a>	<b>iCatchers Media Solutions</b>  <b>Amit Roy</b>   9501101071  <a href="mailto:amit@icatchers.co.in">amit@icatchers.co.in</a>
--	--