

World Hypertension Day



The World Hypertension League celebrates World Hypertension Day to promote awareness of Hypertension Disease in the general population and increase knowledge among hypertensive patients.

The first World Hypertension Day was observed on the 14th of May 2005. Since 2006, the World Hypertension League has designated the 17th of May as World Hypertension Day.

In 2022, the theme for World Hypertension Day is: Measure Your Blood Pressure Accurately, Control It, Live Longer. This theme aims to raise awareness, especially in low and middle-income areas, and produce accurate blood pressure measurement methods.



About Hypertension

High blood pressure is a common condition in which the long-term force of the blood against the artery walls becomes so high that it may eventually cause health problems, such as heart disease.

- Blood pressure is measured with two numbers. The systolic pressure (higher number) is the force at which the heart pumps blood around the body.
- The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels.
- Normal blood pressure is 120 over 80 mm of mercury. According to American Heart Association (AHA) guidelines, patients with hypertension will have a reading of 130 or higher over 80 mmHg, indicating an elevated blood pressure.

The importance of World Hypertension Day

The World Hypertension League (WHL), an umbrella organisation of 85 national hypertension societies and leagues, states that more than 50% of the hypertensive population worldwide are unaware of their condition.

- World Hypertension Day promotes hypertension awareness among the public
- It encourages all countries to prevent and control this silent killer
- It encourages blood pressure measurement
- It helps raise awareness of methods for early prevention of high blood pressure



Are you at risk of Hypertension?

Several factors and variables can lead to a greater risk of developing hypertension, including:

Hereditary and physical risk factors:

- **Family history:** If your parents, or other close blood relatives, have high blood pressure.
- **Age:** Risks are higher for men older than 64 years and women older than 65 years.
- **Chronic Kidney Disease (CKD):** High blood pressure may occur as a result of [kidney disease](#).

Modifiable risk factors:

- Being overweight or obese
- Stress
- Diabetes
- High cholesterol
- Smoking and tobacco use
- Drinking too much alcohol



Complications of untreated hypertension

Uncontrolled high blood pressure can lead to complications including:

- Heart attack or stroke
- Angina
- Heart failure
- Kidney disease or failure
- Loss of vision
- [Peripheral artery disease](#)
- Dementia



Hypertension Management:

- Take the prescribed medications and monitor blood pressure at home
- Eat a heart- healthy diet with less salt
- Get regular physical exercise
- Maintain a healthy weight
- Manage stress
- Avoid smoking

Hypertension is a chronic disease that can be controlled with medication but not cured. Therefore, patients need to continue with the treatment and lifestyle modifications as advised by their doctor and attend regular medical follow-ups, usually for life.