

Dear patient

The present training pamphlet is aimed at getting you acquainted with hypertension disease and providing you with solutions to control it.

What is Blood Pressure?

Blood pressure is the pressure of blood on the walls of blood vessels that is indicated as 125/75 millimeters of mercury. Sometimes, it is represented as 12/7, also.



Do you know what hypertension is?

Hypertension occurs when systolic number is higher than 140 and diastolic number is higher than 90. However, in higher ranges of age, these numbers might be considered normal.

Risks of hypertension:

Brain Stroke, Heart Attack, Heart Failure, Kidney Diseases and Premature Death

Take hypertension seriously and observe the tips below.

Drugs: If you take the drugs prescribed by your physician, accurately and timely, your hypertension will get reduced and controlled.



Diet, Sports and Change in Lifestyle

In addition to drug taking, you can control hypertension through making changes in your lifestyle and diet.

Limit salt intake (less than 1500 mg in a day).



Checking Blood Pressure

You can check your blood pressure at home and monitor it, continuously.

Do not get worried if your blood pressure changes in different hours of a day; this is definitely normal.



For example:

When you are at work, you may have higher blood pressure than when you are at home or in sleep.

Following Up

In case you check your blood pressure at home, keep the records of numbers; so you can precisely answer the physician's question when you go to clinic.

In the event of any of the following symptoms, go to a medical center.

- Severe headache
- Arrhythmic heart beat or pulse
- Pain in chest
- Sweating, nausea or vomit
- Dyspnea
- Vertigo or lightheadedness
- Pain or paresthesia in neck, jaws, shoulders or arms
- Numbness or asthenia
- Faint
- Visual impairment

- Confusion
- Speech impairment
- Other side effects that you think may be due to drugs or hypertension.



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PATIENT TRAINING

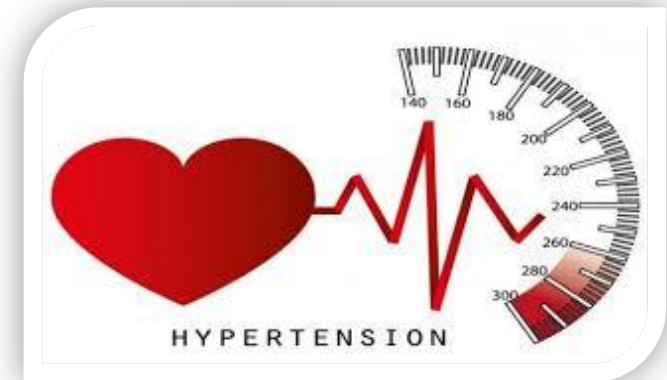


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