HYPERTENSION

A major risk factor for heart disease.

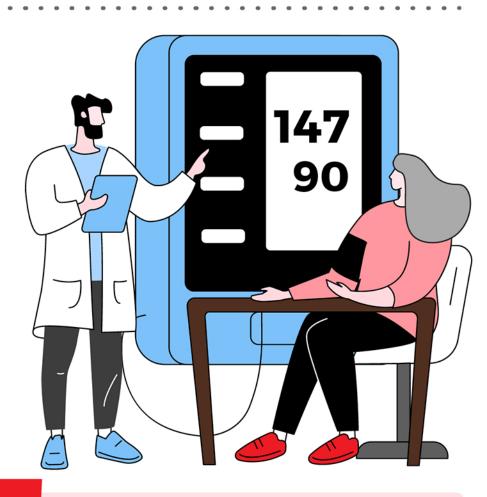


adults have high blood pressure worldwide.



1 IN 5

adults are unaware of high blood pressure



If you have HIGH BLOOD PREASURE, you are:

4X more likely to die from stroke.

3X more likely to die from heart disease.

How to reduce Blood Pressure?



Less sodium

Lose Weight





Quit Smoking

Reduce alcohol intake





Reduce stressful situations

Cardio-HART

