

World Hypertension Day | 17/5

Hypertension... The "silent killer"!



Did you know that 1 in every 4 adults suffers from hypertension?

Do not ignore the following symptoms...



Vision problems



Chest pain



Dizziness or headache



Shortness of breath

Trust your Pharmacist!

Tips for monitoring your blood pressure at home properly:

- The blood pressure (BP) should be measured in a quiet place with an electronic BP monitor
- Please have a rest for at least 5-10 minutes before measuring your BP, do not consume food/drink (caffeine, alcohol) or smoke tobacco prior to BP measurement
- Sit in a comfortable position with your back straight and supported against a chair; place the cuff on bare skin, not over clothing; your arm should be supported on a flat surface with the upper arm at heart level; make sure the bottom of the cuff is placed directly above the bend of the elbow (attention: the cuff should have the right size, depending on the arm)
- Take one reading on each arm, 1-2 minutes apart
- Take three measurements on the arm with the highest BP reading, twice a day (morning-evening); record the 3rd reading each time
- Calculate the average of the readings (e.g. for 7 days), excluding the first day's readings
- Discuss the readings with your pharmacist

Please do not forget the following information...



Eat in total **4-6 portions of fruits** (200-300 g) and **vegetables** (200-300 g) daily



Reduce caffeine intake

Examples: coffee, tea, chocolate, energy drinks, etc.



Reduce alcohol consumption:

Men - **14 units/week**

Women - **8 units/week**

Examples of 1 alcohol unit:

1 small glass of wine (125 ml)

1 single small shot of spirit (25 ml)

1 small can of beer (250 ml)



Reduce your daily salt intake

(up to **5 g salt/day**)



Maintain an ideal body weight

(BMI 18.5-24.9 kg/m²)



Exercise at least

30 minutes a day

5 days per week



Visit your pharmacist

to **start a smoking cessation program**



Do not forget your

annual check-up

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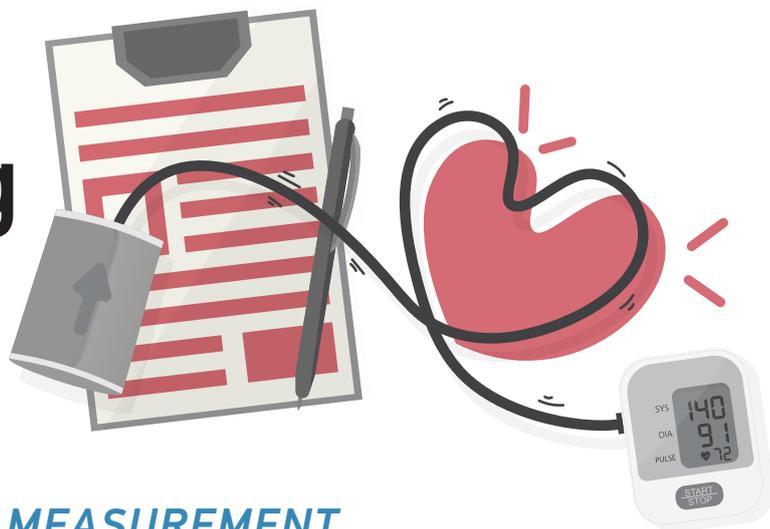
BIBLIOGRAPHY: European Society of Cardiology (ESC)

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Blood Pressure Log

DON'T FORGET!!!



WEEKLY BLOOD PRESSURE MEASUREMENT

Name/Surname: _____

	<i>e.g. 9 am /5 pm</i>	SYSTOLIC SBP, mmHg	DIASTOLIC DBP, mmHg
1st DAY	Morning Measurement		
	Evening Measurement		
2nd DAY	Morning Measurement		
	Evening Measurement		
3rd DAY	Morning Measurement		
	Evening Measurement		
4th DAY	Morning Measurement		
	Evening Measurement		
5th DAY	Morning Measurement		
	Evening Measurement		
6th DAY	Morning Measurement		
	Evening Measurement		
7th DAY	Morning Measurement		
	Evening Measurement		

Average of the Measurements :

BLOOD PRESSURE LEVELS CLASSIFICATION

CATEGORY	SYSTOLIC (SBP, mmHg)		DIASTOLIC (DBP, mmHg)
Ideal	less than 120	and	less than 80
Normal	120 - 129	and/or	80 - 84
Upper normal	130 - 139	and/or	85 - 89
High blood pressure (Hypertension) Stage 1	140 - 159	and/or	90 - 99
High blood pressure (Hypertension) Stage 2	160 - 179	and/or	100 - 109
High blood pressure (Hypertension) Stage 3	180 or higher	and/or	110 or higher
Isolated systolic hypertension (ISH)	140 or higher	and	less than 90