

GET A GRIP ON BLOOD PRESSURE - FOR HEALTH'S SAKE

Blood Pressure [BP] levels are a vital sign of your health status. Hypertension (high blood pressure) is a 'silent killer' - it can go undetected and put strain on your heart and blood vessels, often showing up once damage has been done.

Don't wait for a serious health event like a heart attack or stroke, or kidney disease, to alert you to this life-threatening risk.

KNOW THE SIGNS

- Severe headache
- Fatigue or confusion
- Vision problems
- Chest pain
- Difficulty breathing
- Irregular heartbeat
- Blood in the urine
- Pounding in your chest, neck, or ears



MAKE WISE CHOICES

- Manage stress
- Reduce alcohol
- Stop smoking or vaping
- Monitor your blood pressure
- Maintain a healthy weight
- Regular physical activity
- Reduce salt intake
- Increase fruits and vegetables
- Eat whole grains & limit junk food
- Take your prescribed medications

MEASURE BLOOD PRESSURE ACCURATELY . CONTROL IT . LIVE LONGER!

- Get your BP level checked regularly by a healthcare professional
- Make wise lifestyle choices to reduce the risks
- Join a disease management programme to manage chronic hypertension

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
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 **your
life!**