

**HIGH BLOOD PRESSURE (HYPERTENSION),** Hypertension develops when blood pressure, the force which carries blood through the circulatory system, is higher than normal.

## The most common symptoms of high blood pressure

Dizziness

Headache

Chest pain and palpitations

Tinnitus

Shortness of breath

Double and blurred vision

Nosebleed

Irregular heartbeat



## How to manage high blood pressure

Reducing salt intake

Maintaining a healthy weight

Increasing intake of vegetables and fruits

Staying physically active

Having your blood pressure checked regularly

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**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre** for more information and support



[www.sihhatproject.org](http://www.sihhatproject.org)



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**HIGH BLOOD PRESSURE  
CAN DEVELOP AT ANY AGE**



## Causes of High Blood Pressure

It is difficult to determine the cause in the vast majority of patients. Several factors can cause high blood pressure. These factors are;

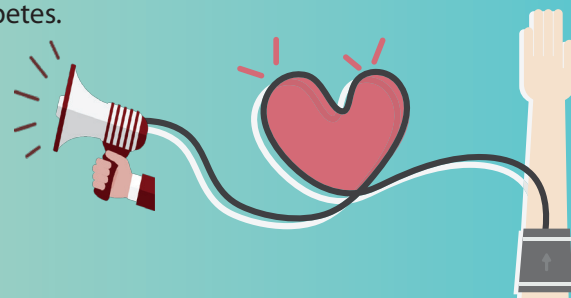
**Heredity, gender, diabetes, obesity, smoking, alcohol, stress, excessive salt use, insufficient physical activity, unhealthy eating habits and aging.**

High blood pressure can sometimes develop following a specific disease: **Kidney diseases, hormonal disorders, structural disorders of the blood vessels, etc.**

High blood pressure can also occur during pregnancy.

## Why Is High Blood Pressure Dangerous?

If left uncontrolled, high blood pressure can lead to **strokes, heart attacks, heart diseases, aneurysms, kidney failures, blindness, and disorders of consciousness.** The risk of stroke and heart attack increases with obesity, high cholesterol, and diabetes.



## Prevention and Treatment

**Quitting tobacco and alcohol**

**Exercising regularly**

**Reducing salt intake**

**Losing excess weight**

Taking the right measures may help manage high blood pressure.

**If these do not help, medication can be started under the supervision of a physician.**

## Children may also have high blood pressure

All children aged 3 and above should be checked for high blood pressure when they are brought to a healthcare facility for any reason. At-risk patient groups should have their blood pressure measured after birth.

**Blood pressure in children varies depending on age, gender, and height.**

There is no reference value as in adults.

A child can develop high blood pressure at any age. Obesity is an important risk factor for high blood pressure in childhood.



Have your child's blood pressure checked during all medical examinations from the age of 3.