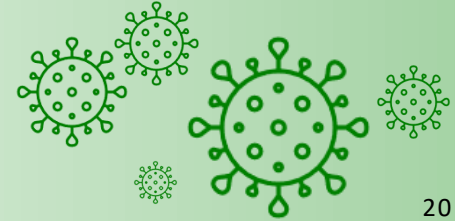




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



20 May 2022

COVID & hypertension

17 MAY WAS WORLD HYPERTENSION DAY

What is hypertension?

Hypertension, also known as high blood pressure, is called the silent killer because so few people are aware they have it. World Hypertension Day aims to raise awareness so that people manage their blood pressure and live longer lives.

Raised blood pressure is the number one cause of preventable death worldwide.

How does COVID affect hypertension?

Almost all available evidence suggests that hypertension increases the risk of severe COVID-19. While we don't yet know why, one reason could be that long-term health conditions weaken your immune system, making it less able to fight off the virus.

Coronavirus can also damage the heart directly, which can be especially risky if your heart is already weakened by the effects of high blood pressure. Past studies have shown that people with heart disease who get a respiratory illness like the flu or earlier types of coronavirus are at higher risk for a heart attack.

How do I know if I have hypertension?

Around 1.13 billion people worldwide suffer from hypertension; more often men than women. Unfortunately only 1 in 5 have the condition under control, so most are at risk of serious illness, even death, as a result.

Most of the time there are no noticeable signs of hypertension; however the following symptoms should not be ignored: nose bleeds, throbbing headaches, severe fatigue, shortness of breath, blurred vision, chest pain.

Monitoring blood pressure regularly is the key to managing risk of serious illnesses.

How do I manage my blood pressure?

Do you know what your blood pressure is? A healthy blood pressure is around 120/80. It is important to have your blood pressure measured regularly.

You can also help protect yourself with healthy living habits: eat a healthy diet, maintain a healthy weight, be physically active, get enough sleep and stay away from smoking and alcohol.



Fast Facts

- High blood pressure is the biggest cause of preventable death worldwide
- High blood pressure increases your risk of severe COVID-19, and puts you at a higher risk of heart disease and heart attack
- Monitoring your blood pressure regularly is essential for managing your risk of serious illness
- You can help protect yourself with healthy living habits

Want to find out more?

SA Hypertension Society:
<https://www.hypertension.org.za/>

CDC: World Hypertension Day:
<https://www.cdc.gov/globalhealth/newsletter/2022/may-17-2022.html>

World Hypertension League:
<https://www.whleague.org/>

NHS: high blood pressure prevention:
<https://www.nhs.uk/conditions/high-blood-pressure-hypertension/prevention/>

Heart disease risk calculator:
<https://www.healthline.com/health/heart-disease/risks>

Ask Dr M

Do you still have questions?

Call us on
0800 24 36 72
or WhatsApp
082 735 4472



Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination



Ventilation

Brought to you by

