

World health day



World Health Day is celebrated on 7 April to mark the anniversary of the founding of WHO in 1948. Each year a theme is selected for World Health Day that highlights a priority area of public health concern in the world. The theme for 2013 is high blood pressure. Hypertension (HTN) or high blood pressure, sometimes called arterial hypertension, is a chronic medical condition in which the pressure in the arteries is elevated. This requires the heart to work harder than normal to circulate blood through the blood vessels. Blood pressure is summarized by two measurements, systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole). Normal blood pressure at rest is within the range of 100-140mmHg systolic (top reading) and 60-90mmHg diastolic (bottom reading). High blood pressure is said to be present if it is persistently at or above 140/90 mmHg. High blood pressure — also known as raised blood pressure or hypertension — increases the risk of heart attacks, strokes and kidney failure. If left uncontrolled, high blood pressure can also cause blindness, irregularities of the heartbeat and heart failure. The risk of developing these complications is higher in the presence of other cardiovascular risk factors such as diabetes. One in three adults worldwide has high blood pressure. The proportion increases with age, from 1 in 10 people in their 20s and 30s to 5 in 10 people in their 50s. However, high blood pressure is both preventable and treatable. In some developed countries, prevention and treatment of the condition, together with other cardiovascular risk factors, has brought about a reduction in deaths from heart disease. The risk of developing high blood pressure can be reduced by: Reducing salt intake; Eating a balanced diet; Avoiding harmful use of alcohol;

Taking regular physical activity; Maintaining a healthy body weight; and
Avoiding tobacco use.