

YOU NEVER KNOW WHEN YOUR NUMBER IS UP!

Often known as the 'silent killer' - high blood pressure has no obvious symptoms but can increase a person's risk to heart disease and strokes.

It is estimated that **25% of all Jordanians** suffer from high blood pressure.

192/93
smoking can severely increase your BP.

130/73
Reducing your salt and fat intake can decrease your BP.

120/70
regular exercise will help lower your BP.

174/80
over 50's should have their BP checked regularly.

180/105
drinking a lot of alcohol can increase your BP.

115/65
Stress management is a great way to reduce your BP.

200/96
drinking more than 4 cups of coffee a day can increase your BP.

133/75
eating a healthy diet can reduce your BP.

In Jordan 30.9% of all males are estimated to suffer from high blood pressure. Similarly, 21.5% of all females suffer from high blood pressure.

53% of people aged between 55-64 in Jordan currently have high blood pressure.

Only approximately 24% of people in Jordan have ever had their blood pressure checked.

Always remember to request a blood pressure check every time you visit your health provider.