



CHECK BP - STOP STROKE

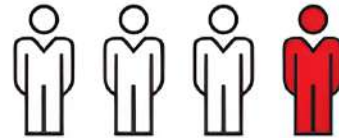


CAMPAIGN-2025



Hypertension Means
= or > **140/90**
Unless you check
You Not Know

“**1** in **4**” People in
India have HTN
Only **50%** are aware
& **12%** are well Controlled



High **B.P.** Causes
Brain Stroke
(Paralysis) by
Blood Clots /
Haemorrhage



HTN is a **Silent Disease**
can Cause **Brain Stroke**,
Heart Attack, **Kidney**
Failure, **PVD**, **Blindness**



If B.P. is Checked &
Controlled well
50% of
Strokes are
Stopped

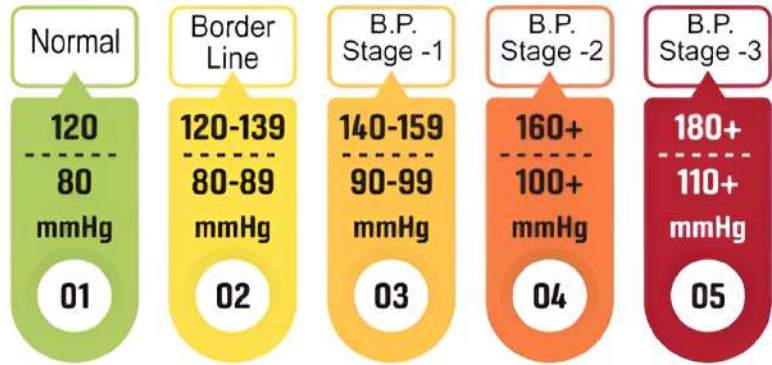


🚩 Risk Factors : 🚩

- Family Hx  Alcohol 
- Obesity  Unhealthy Diet 
- Smoking  Lack of Physical Activity 

**Adults of 18 Years & Above Should
get Screened for Hypertension**

B.P. Stages



High B.P. Can be Preventable

	Reduce Salt to Less Than 5g Daily
	Eat Fruits & Vegetables Regularly
	Avoid Saturated Fats & Trans Fats
	Avoid Tobacco & Alcohol
	Take B.P. Medicines Daily
	Be Physically Active Every Day

**Free Medicines Can be obtained from
104 Ambulances,
Primary Health Centers (PHC),
Urban Health Centers (UHC)
& All Government Hospitals**