

GALINOS MEDICAL CLINIC, INC

SILENT KILLER

High blood pressure is often called the “silent killer”

As observed, high blood pressure has no obvious symptoms to indicate that something is wrong. Being aware of the risks and making changes that matter is the best way to protect yourself.

Here are few facts that we must be aware of:

- Many people with high blood pressure don't even know they have it. Often the signs and symptoms are misunderstood.
- Hypertension develops slowly over time and can be related to many causes.
- Bad news- It cannot be cured. However, can be managed through lifestyle changes and, medication if warranted.

Decreasing salt intake, losing weight if necessary, cease smoking and alcohol intake, and regular exercise are lifestyle changes and part of the treatment of high blood pressure.



Controlling your blood pressure should be part of a healthy living plan and lifelong task. The damage that high blood pressure causes your internal organs does not cause any symptoms until serious damage has been done.

Take charge of your health, you can help control the silent killer.

Source:

Center for Drug Evaluation and Research. (2012, January 21). High Blood Pressure- Understanding the Silent Killer. U.S. Food and Drug Administration <https://www.fda.gov/drugs/special-features/high-blood-pressure-understanding-silent-killer>

American Heart Association. (2017, November 30). Why High Blood Pressure is a "Silent Killer" <https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer>