

# Blood Pressure

Thursday, January 28, 2021



## FAST FACTS

High blood pressure is a serious medical condition which occurs when the force of the blood pumping through blood vessels is very strong. High blood pressure can be caused by different risk factors such as age, family history, and unhealthy lifestyle habits. Long-term high blood pressure can increase the likelihood of cardiovascular disease and organ damage. Making simple lifestyle changes such as doing regular exercise, incorporating healthy diet, changing unhealthy habits and working with your doctor regularly can help to maintain normal levels of blood pressure.

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