

# 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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