Press Release

Even 3-4 mm BP reduction matters

Recent studies have shown the prevalence of hypertension to be 25% in urban and 10% in rural India. Good news is that even minor reductions in BP can be significant.

New Delhi, March 01, 2017: Cardiovascular disease (CVD) is the leading cause of death and hypertension is the most common, reversible risk factor for CVD. High blood pressure goes hand-in-hand with, heart disease, stroke, kidney disease, overweight/obesity and diabetes.

In India, 1 in 3 adults has high blood pressure and the total number is over 10 crore. Of those with high blood pressure, nearly 30% don’t know they have it, and 65% don’t have it under control.

High blood pressure is easily detected and usually controllable.

- Normal blood pressure is systolic pressure below 120 and diastolic below 80.
- Hypertension is systolic blood pressure at or above 140 mm Hg and/or diastolic blood pressure at 90 mm Hg or higher.

Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that “There are dramatic benefits from small decreases in blood pressure, even in people without hypertension by current definitions. “Pre-hypertension” is systolic pressure of 120–139 mm Hg, and/or diastolic pressure of 80–89 mm Hg. This is the point at which lifestyle changes are recommended to reduce blood pressure.”

“A 3–4 mmHg systolic increase in blood pressure would translate into a 20% higher stroke death rate and a 12% higher death rate from ischemic heart disease. In patients with obesity, diabetes and hyperlipidemia, the impact of these small changes in blood pressure on CVD is even greater. Hypertension does not typically cause a symptom; that’s why it’s called the ‘silent killer. There is a long lag period from the beginning of the problem to the time when patients are aware of the damage it has caused”, added Dr K K Aggarwal.

Following are some tips to manage and prevent hypertension:

- One should have their blood pressure checked routinely.
- One should live a healthy lifestyle to prevent hypertension.
- One should keep weight in a good range. If you are overweight or obese, carrying this extra weight increases your risk of high blood pressure.
- Choose foods low in salt and sodium. Aim for no more than 2.4 grams (2,400 milligrams) of sodium a day.
- One should be physically active. Do at least 30 minutes of moderate activity, such as walking, most days of the week.
- One should eat a diet high in fresh fruits and vegetables and low in saturated fat and sodium.
- One should avoid tobacco at any cost.
- Those who choose to drink; should do so in moderate amounts (no more than an average of one drink a day for women or two for men).
- Those who already have high blood pressure should keep it controlled under a physician’s care.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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