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AJK Observes 'World High Blood Pressure Day' with renewal of sence to avert of hypertension:



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Altaf Hamid Rao.

MIRPUR (AJK) May 17: Like rest of the world, World High Blood Pressure Day was also observed in Azad Jammu Kashmir on Saturday with renewal of the pledge to adopt all preventive measures to avert the threat of hypertension to the human life.

World Hypertension Day, marked every year on May 27 to raise awareness and promote measures for prevention of hypertension besides to detect detect and control the disease.

This year, on its 20th anniversary, it is being observed across the globe with the theme, “Measure Your Blood Pressure Accurately, Control It, Live Longer!”

According to a study conducted by our Special Jammu Kashmir state Correspondent Altaf Hamid Rao, excessive use of salt, cigarettes, unhealthy food and air pollution are the main causes of high blood pressure. The excessive salt consumption, smoking and alcohol consumption, unhealthy foods, physical inactivity and air pollution are the main causes of high blood pressure.

Like all previous years, International Blood Pressure Day is being observed this year too under the auspices of the World Health Organization across Pakistan and Azad Jammu Kashmir aimed at to raise awareness among people about blood pressure. Obervance of the World Hypertension Day was started in 2005 under the auspices of the World Health Organization and other health

organizations the world over since global medical experts declared the blood pressure a silent killer.

Meanwhile talking to this Correspondent on the occasion of World High Blood Pressure Day Executive Director and Medical Superintendent Mirpur AJK Division Teaching Hospital Dr. Sardar Aamir Aziz advised that generally, everyone should consume 5 grams of salt per day, but everyone is consuming more than 10 grams of salt.

He underlined that poor lifestyle changes also causing high blood pressure. Especially if you are over 40 years of age, or have a history of high blood pressure in your family, get your blood pressure checked at least once quarterly in a year. “Let’s not forget this day, be informative, but also initiate action, to avert negative repercussions of the high blood pressure to the human life”, Dr. Aamir Aziz suggested.

Responding to a question, Dr. Aamir Aziz revealed that the hypertension continues to be a major public health challenge—a silent killer that affects over 294 million people across the WHO South-East Asia Region. “Modifiable behavioral risk factors such as tobacco and alcohol use, high salt intake, physical inactivity, unhealthy diets, and mental stress continue to drive its prevalence”, he warned.

On the occasion of World Blood Pressure Day, District Health Officer Mirpur Dr. Fida Hussain Raja revealed in a statement that the World Health Organization last year, in its report, had declared that more than half of the world's population suffers from high blood pressure. And according to formal investigations carried out in Pakistan in 2019, 32.2 million people in the country were suffering from it. Currently, an estimated one in five persons in the world suffers from blood pressure and one in six people stand unable to control their blood pressure.

The DHO said that high blood pressure was one of the major causes of disability and premature death in the world. People with high blood pressure suffer from heart disease, stroke and other medical complications and become disabled and sick for a long time.

“Surprisingly, more than half of the people around the world are unaware that they have high blood pressure. dr. Fida warned that excessive salt consumption, smoking and alcohol consumption, unhealthy foods, physical inactivity and air pollution were the biggest causes of high blood pressure.