

SAFARI DOCTORS HEALTH AMBASSADORS

HYPERTENSION

ANSWERS

1. Smoking, diabetes, high cholesterol, poor diet, obesity, ethnicity, age, gender (male)
2. Heart/blood vessels, brain, kidneys, eyes
3. Stop smoking, healthy diet, regular exercise
4. They take their medication regularly as they are told by the doctor/nurse
5. Less salt, less alcohol, 5+ portions of fruit and veg, whole grains, less fat, lean meat...
6. Heart attack, heart failure, stroke, death, chronic kidney disease, vision loss