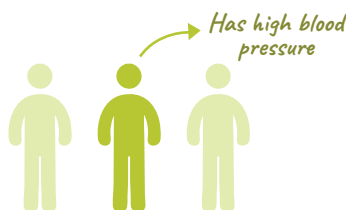# HIGH BLOOD PRESSURE
UNDERSTANDING HIGH BLOOD PRESSURE

Hypertension or high blood pressure refers to the persistently elevated blood pressure with **>140mmHg** systolic blood pressure and **>90mmHg** diastolic blood pressure.

Has high blood pressure

According to the National Population Health Survey 2020, about **1 in 3 Singaporeans has high blood pressure.**

Risk Factors

Prolonged high blood pressure causes damage to blood vessels and increases the risk of developing heart attack, stroke, kidney failure and eye complications.

Non-modifiable risk factors
(Factors you cannot control)

Advancing age

Family history of hypertension

Modifiable risk factors
(Factors you can control)

Smoking

Excessive alcohol intake

Obesity

Physical inactivity

SALT

High salt intake

Side effects from medications
(such as long-term steroid use)

Secondary to other medical conditions
(such as certain hormonal imbalances)

Signs & Symptoms

Hypertension is known as the 'silent killer' because it often has no symptoms, though warning signs can sometimes include:

Headaches

Feeling dizzy or lightheaded

Shortness of breath

Nosebleeds

Blurred vision

Chest pain

STEP 1
Take this Quiz to test your knowledge!
for.sg/quiz-highbloodpressure

STEP 2
Visit the Health Library for more tips & resources.
for.sg/ht-health-library