

Uncontrolled BP: A Silent Killer



Controlling high blood pressure is important to prevent organ damage and maintain overall health.



In Southeast Asia, there is a **33%** increase in BP cases annually.¹

In Asia, **>70%** of BP patients have uncontrolled BP.²

DID YOU KNOW?



Singapore

57% of BP patients have uncontrolled BP.³



Malaysia

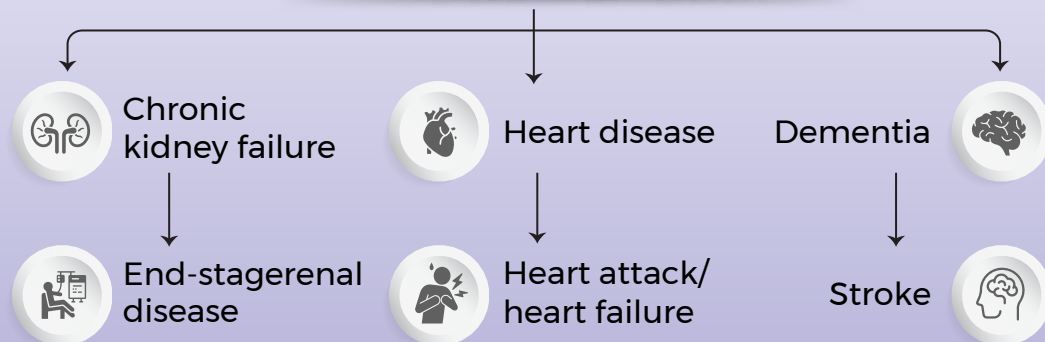
55% of BP patients have uncontrolled BP.⁴

A lack of symptoms does not imply a lack of risk!²

Why is it important to keep your BP under control?



Consequences of uncontrolled BP⁵



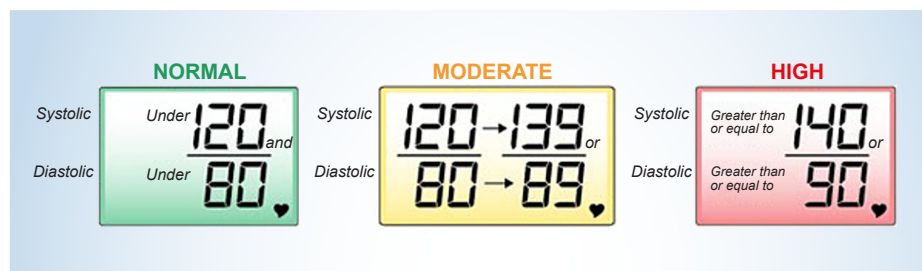
Patients with high BP:

3X more likely to die from heart disease⁶

Patients with high BP:

4X more likely to die from stroke⁶

Know Your Numbers, Know Your Targets!



Ideal BP recommendation

Singapore	Overlapping recommendations ^{7,8}	Malaysia
In fragile elderly individuals, the systolic BP goals should be adapted to individual tolerability. ⁷	<ul style="list-style-type: none"> BP <140/90 mmHg in people under 80 years BP <150/90 mmHg in people 80 years or older 	For high/very high-risk individuals, the target is <130/80 mmHg. ⁸



- Pay regular and frequent attention to controlling your BP
- Please consult your treating physician on what should be your blood pressure goal!



Your physician can take BP readings and provide recommendations to bring your BP back under control.

BP: Blood pressure.

References

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