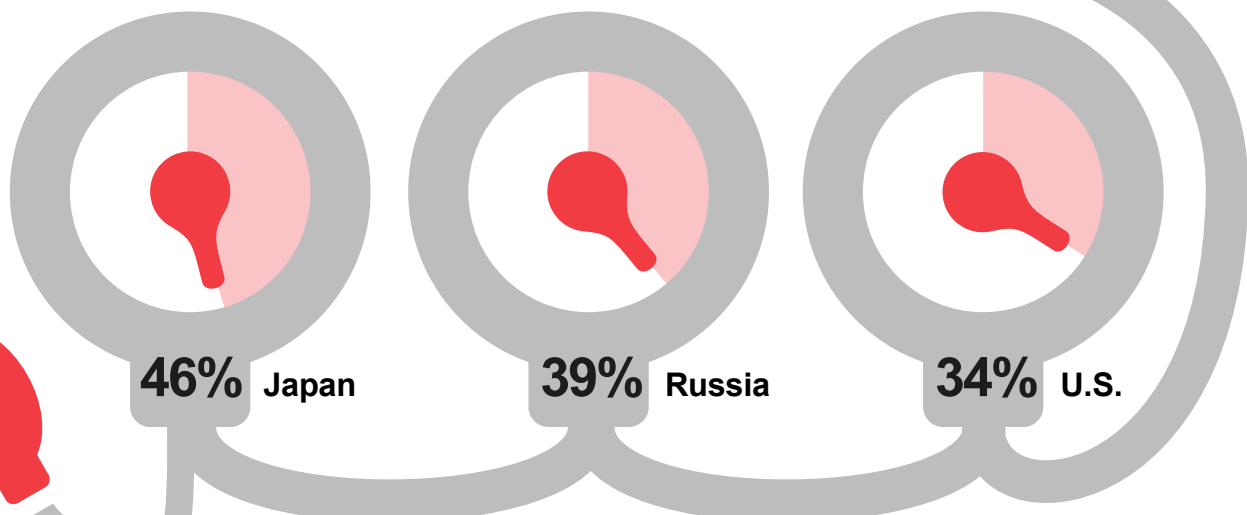
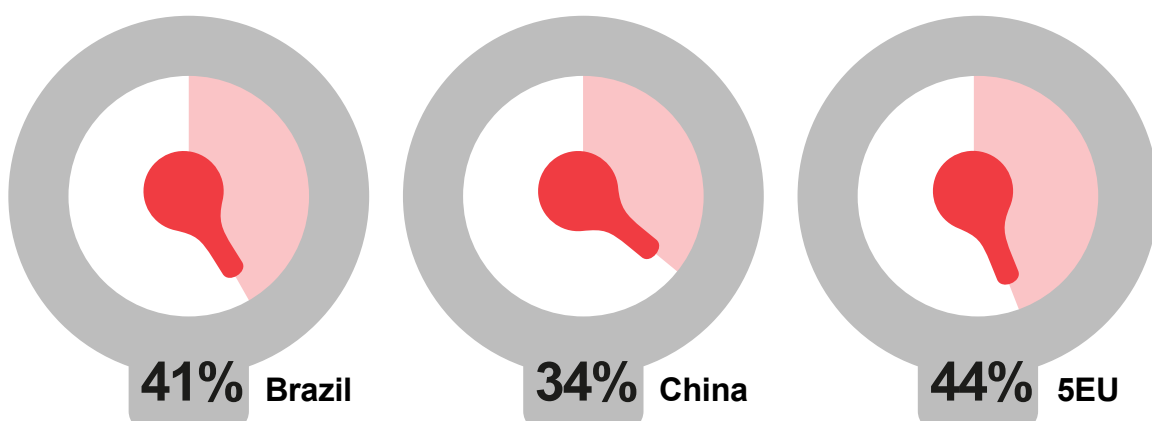
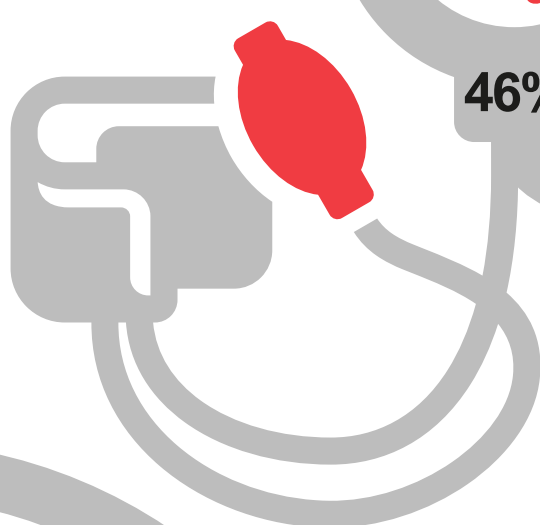


Hypertension: Know Your Numbers

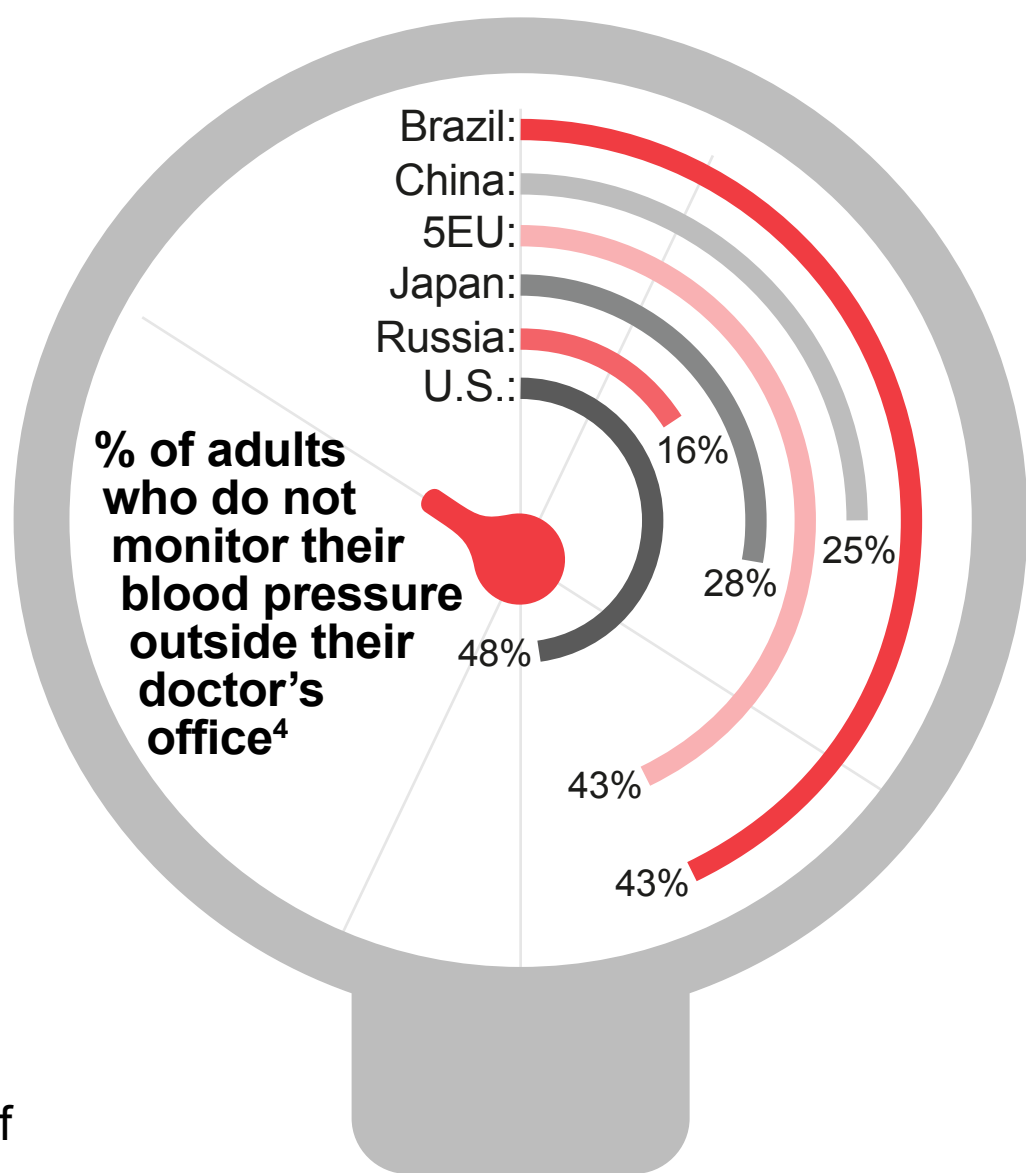
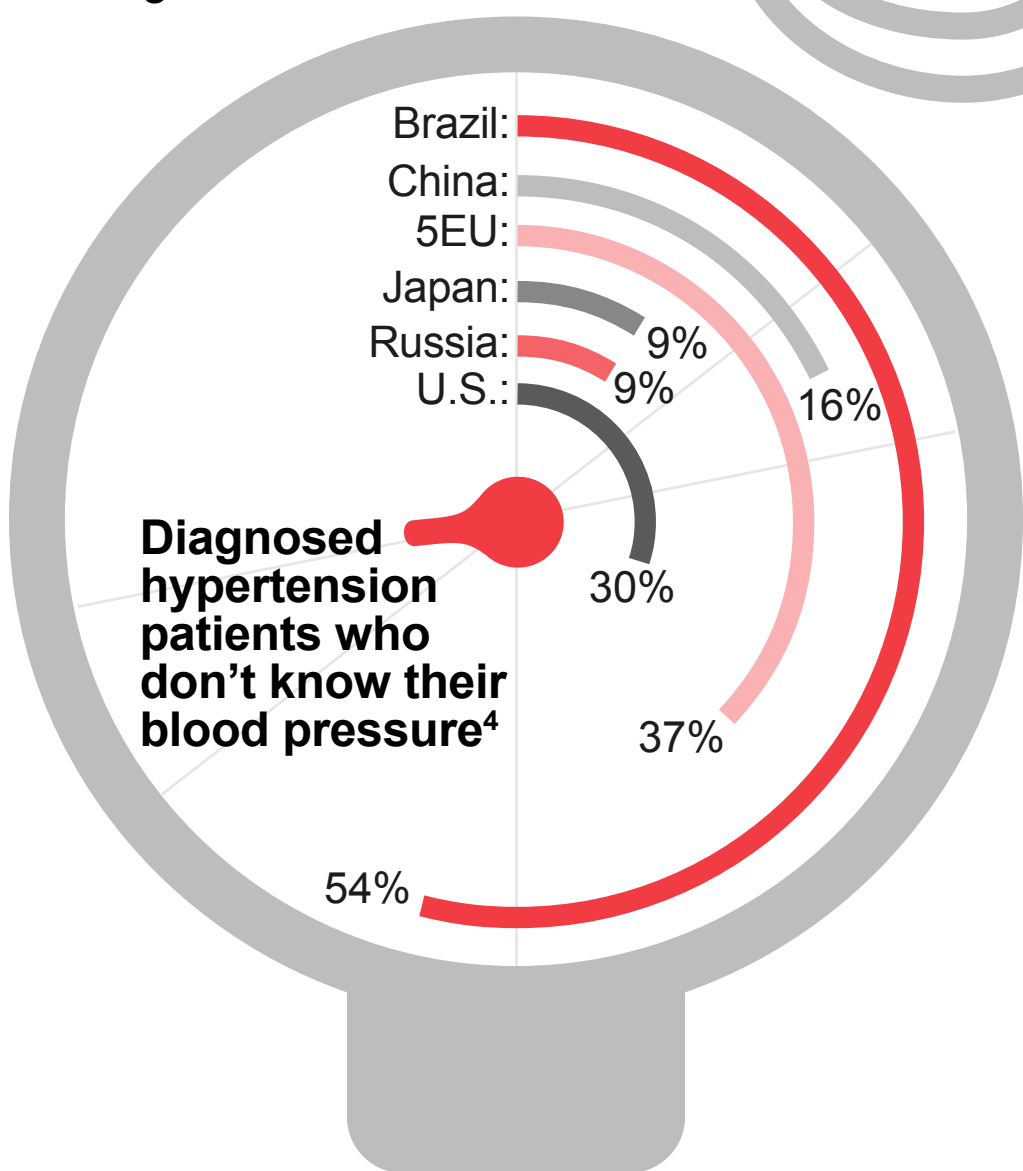
High blood pressure develops over many years, and it affects nearly everyone eventually.¹

Prevalence of hypertension²

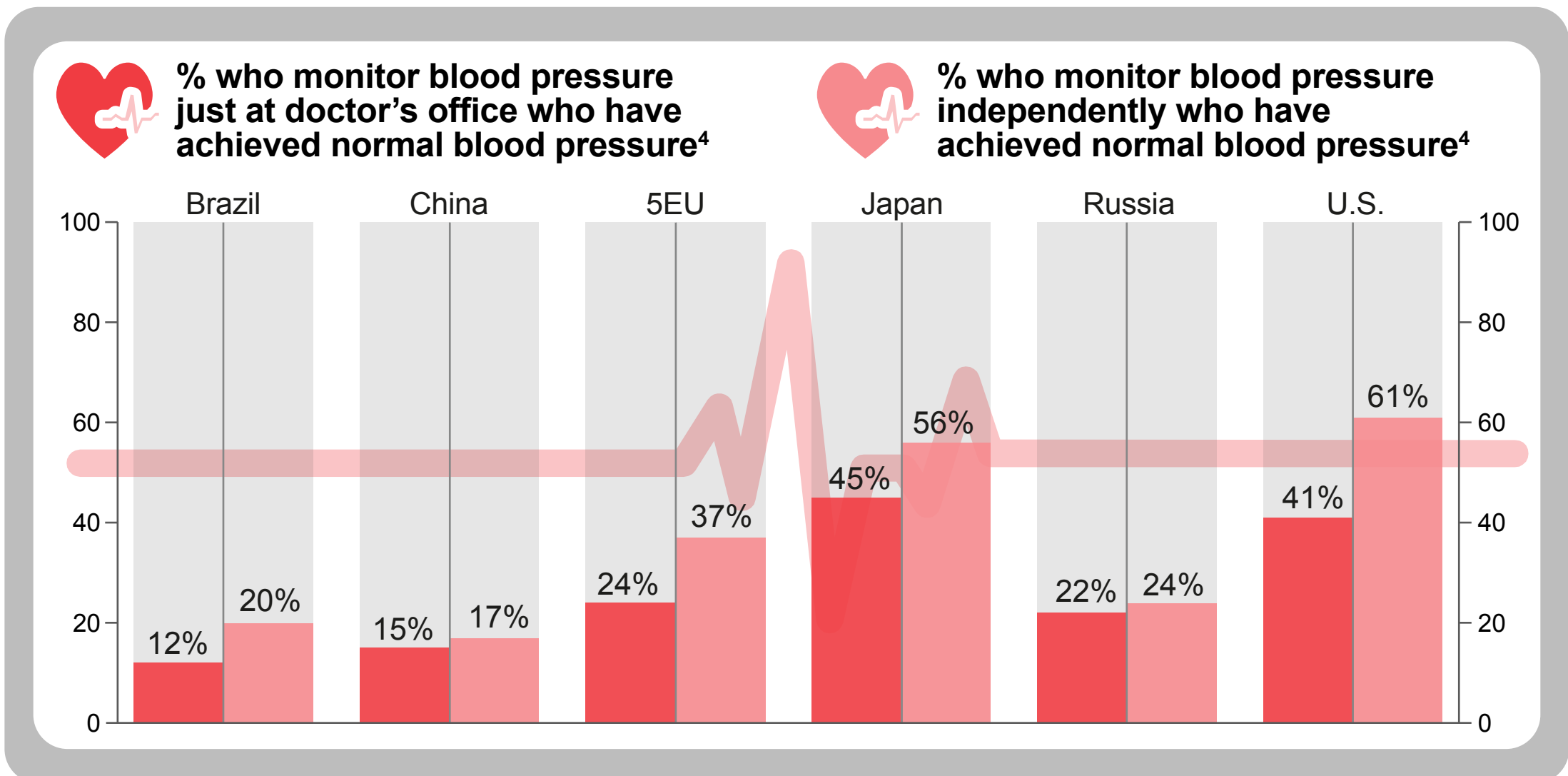
Despite blood pressure readings being a part of a routine doctor's visit,³ some people who have been diagnosed with hypertension don't know exactly what their last blood pressure reading was.



Many diagnosed hypertension patients do not monitor their blood pressure outside their doctor's office, nearly half in some countries.



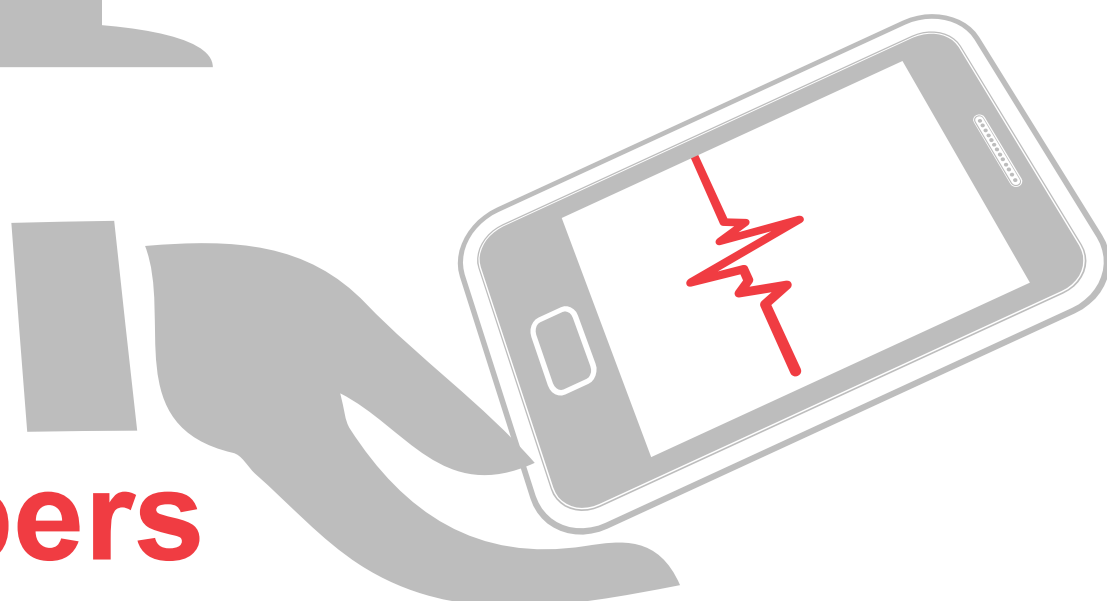
People who monitor more often have better control of their blood pressure than those who just have their reading taken at a physician's office



Actively managing your high blood pressure can reduce the severity of your hypertension.

Be Proactive.

Know Your Numbers



¹ High blood pressure (hypertension) definition. The Mayo Clinic Website. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/definition/con-20019580>. Accessed 24 Apr 2015.

² Epi Database®. Kantar Health. Available from www.epidb.com. Accessed 24 Apr 2015.

³ High blood pressure (hypertension) symptoms. The Mayo Clinic Website. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/symptoms/con-20019580>. Accessed 24 Apr 2015.

⁴ Kantar Health. National Health and Wellness Survey, 2013 (5EU [France, Germany, Italy, Spain, UK], US, Brazil, China, Japan, Russia). Princeton, NJ.

⁵ High blood pressure (hypertension) complications. The Mayo Clinic Website. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/complications/con-20019580>. Accessed 24 Apr 2015.