

DON'T LET THE PRESSURE GET TO YOU



MEASURE YOUR BLOOD PRESSURE

ER24 recommends that everyone should get their blood pressure checked at least once a year. The only way to find out your blood pressure is to measure it using acceptable measuring devices or by visiting a clinic or your general practitioner.



Hypertension, or high blood pressure, is a significant risk factor for heart disease, stroke, kidney disease and even eye diseases.



People may develop hypertension because it runs in the family or due to lifestyle habits, such as harmful use of alcohol, physical inactivity, being overweight, or stress.



Unlike many other diseases, hypertension has no symptoms, and hence it is called the "silent killer"



A high dietary intake of salt is a key driver for hypertension.

IN CASE OF MEDICAL EMERGENCY

DIAL *120*15570# FOR TRAUMA ASSIST or CALL ER24 084 124

WITH LEGAL&TAX YOU'RE NOT ALONE



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