



BLOOD PRESSURE CAN BE CONTROLLED!



UNDERSTANDING HIGH BLOOD PRESSURE



CHARACTER INTRODUCTION

EXPRESS DELIVERY GUY



UNCLE JON



AUNTIE LINA



DOCTOR RAM



PHARMACIST JJ

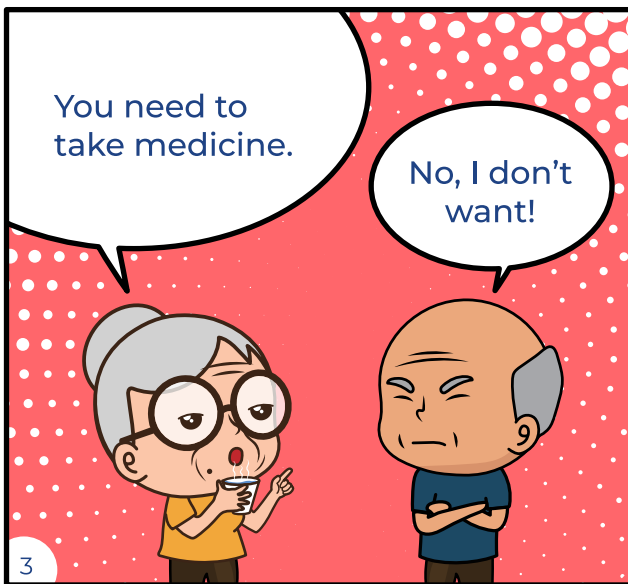


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Monday to Sunday

YOUR **BLOOD** PRESSURE MATTERS!



1. WHAT IS BLOOD PRESSURE?

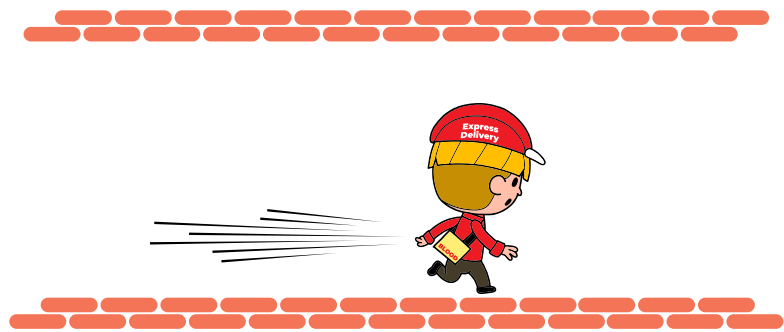
Let's introduce a friend we already know, **Blood**.



Blood is responsible for **transporting oxygen and nutrients** to all parts of our body,
You can also know them as the **Express Delivery Guy**.

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Many people think that that it is always a smooth journey for the delivery guy!

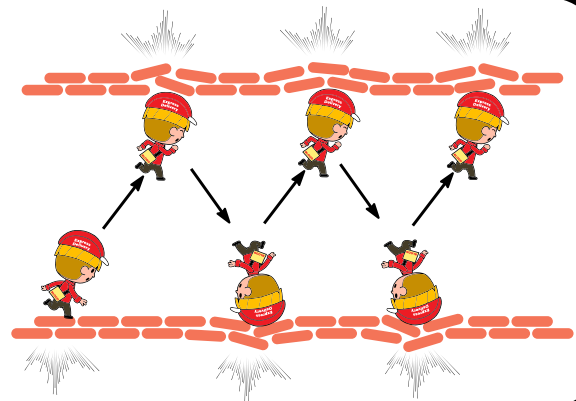


Blood Vessel

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“ You will be surprised!
When the blood sends “things” The journey is actually, bumpy, and rough.

”



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It is actually always hitting the wall of the blood vessels. With the impact, it puts pressure to the vessel wall.

Which will result as Blood pressure

If the impact is higher and more intense ,it is known as **high blood pressure**

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2. WHAT CAUSES BLOOD PRESSURE TO BE HIGH?

Ok, here comes the problem again,



“ This matter has something to do with our **heart, blood vessels, and the blood.** Let’s mention them one by one. ”

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2.1 THE EXCITEMENT OF THE HEART

Blood pressure is not built up from the blood vessels, Instead.....

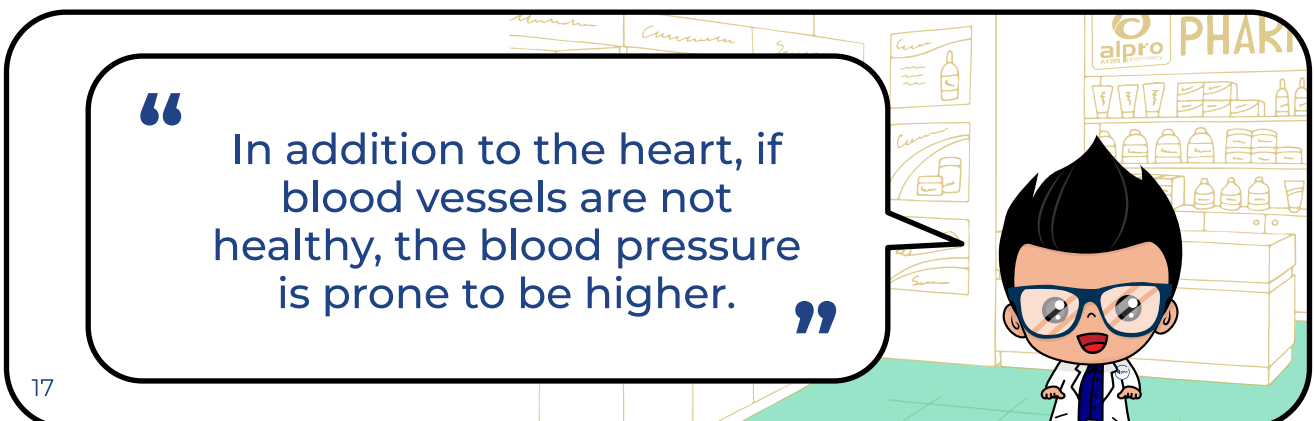
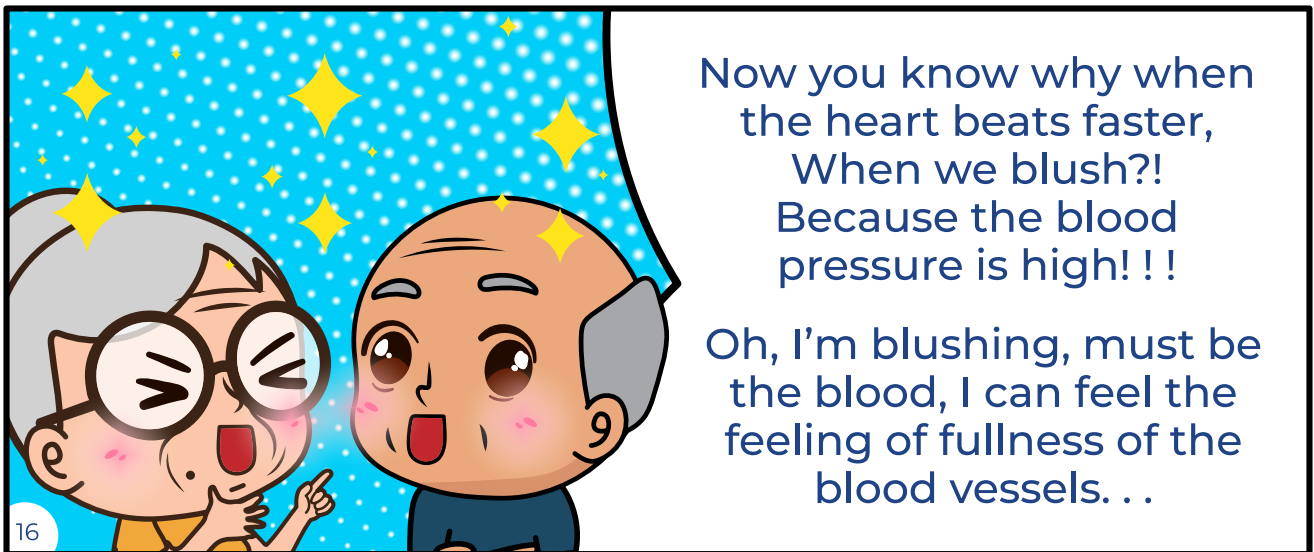
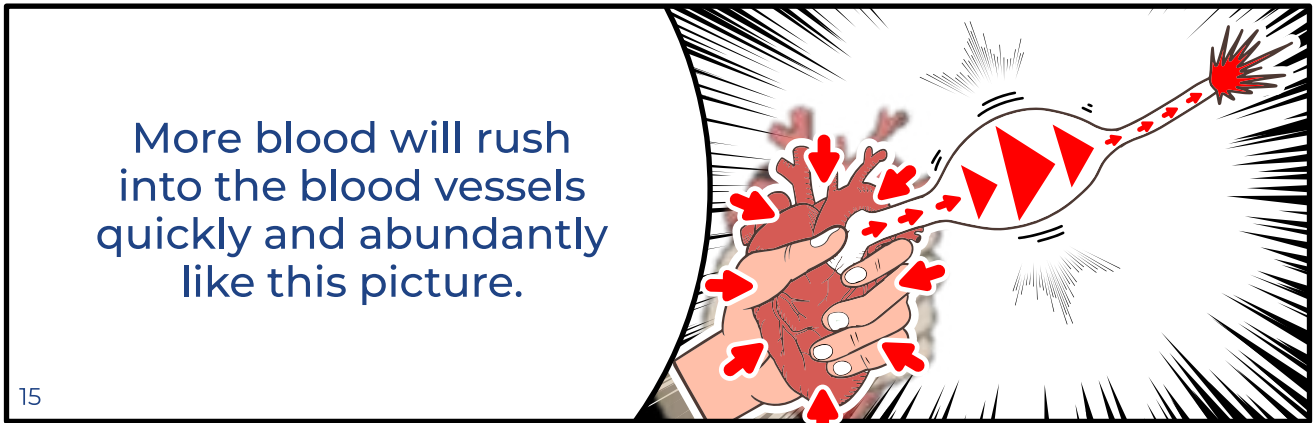
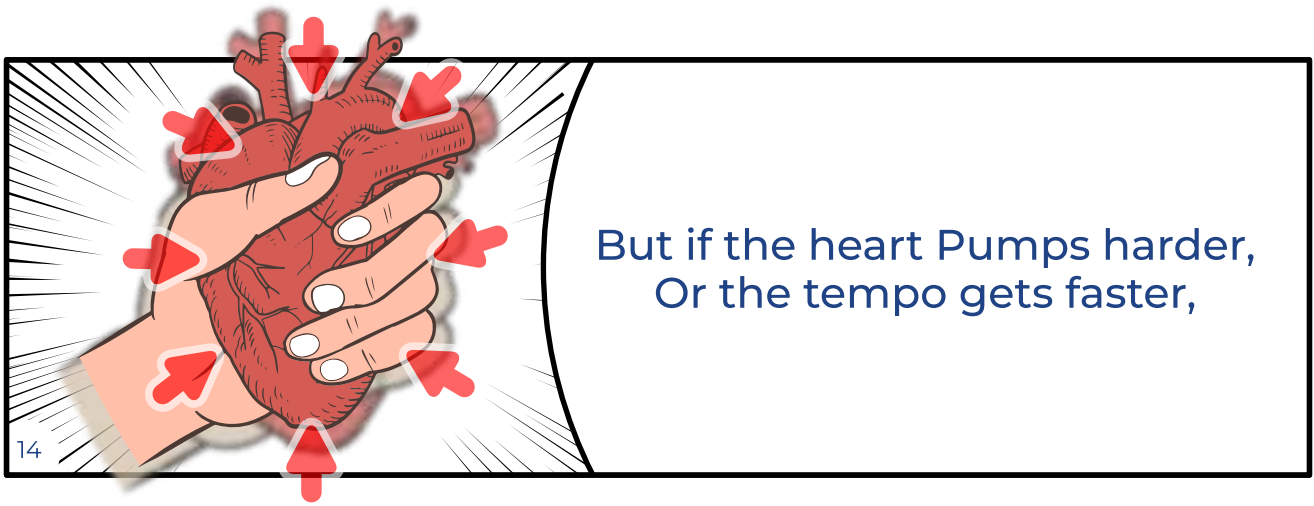
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The heart has to continuously pump the blood into the blood vessels so that the blood can start to deliver.

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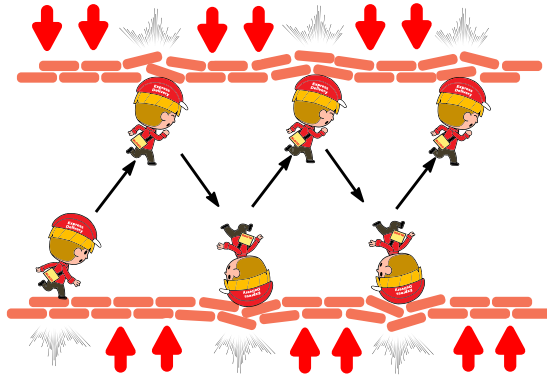
“ Every pump from our heart is also known as our heartbeat. The number of times our heart pumps within a minute is also known as our heart rate. ”

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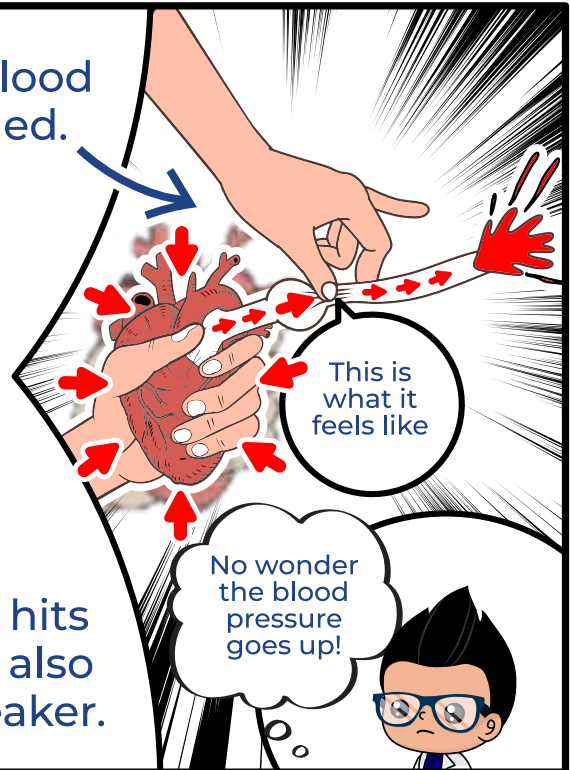
2.2 HARDENED AND NARROWED BLOOD VESSELS

Then, this happens, when the blood vessels are narrow and hardened.

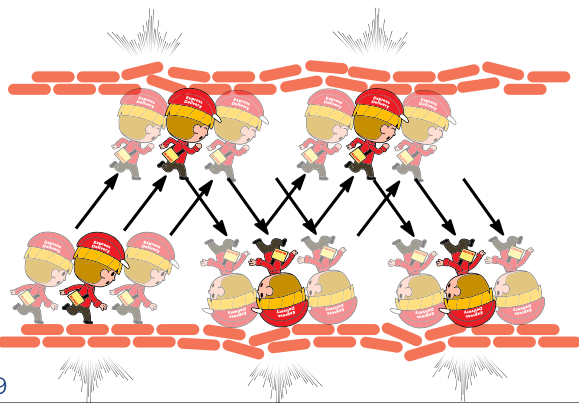


The number of times the blood hits the wall will increase which will also result in the blood flow to be weaker.

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2.3 INCREASED BLOOD VOLUME



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When we have more blood volume, it will be like having more express delivery guys squeezing through the same path.

Thus, the number of times the blood vessel wall is hit will also increase dramatically.

It is also the same situation as being moved to a confined space, the more vehicles, the more congestion we will experience.

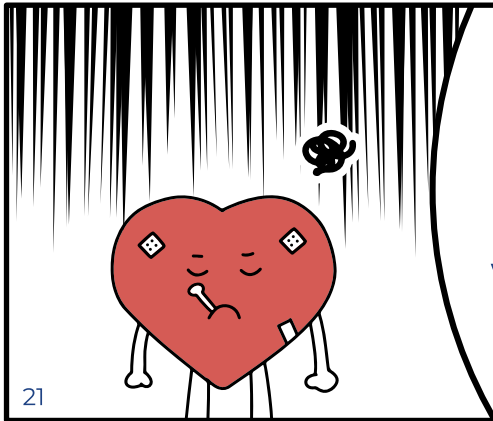
Just like squeezing through the road.



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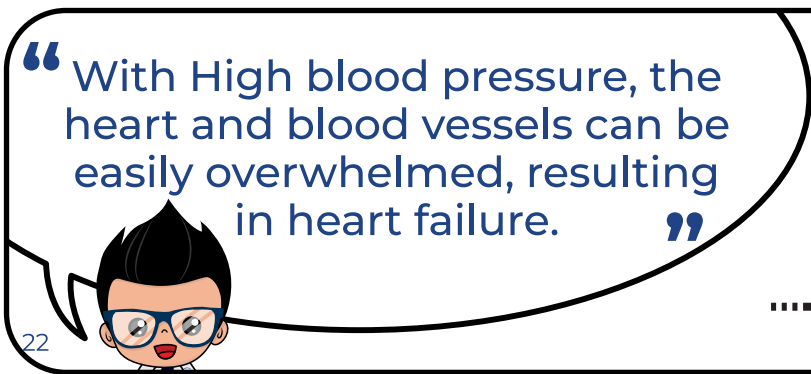


3. WHAT ARE THE DANGERS OF HIGH BLOOD PRESSURE?

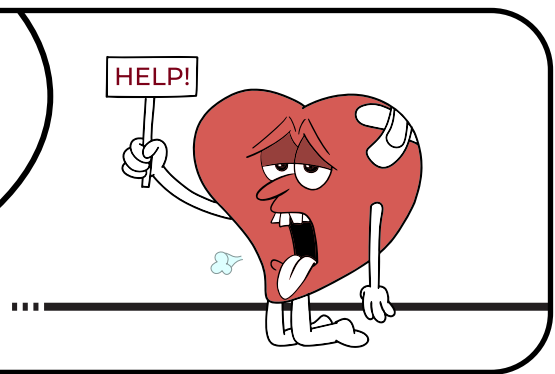


First of all, our heart may not take it for too long.

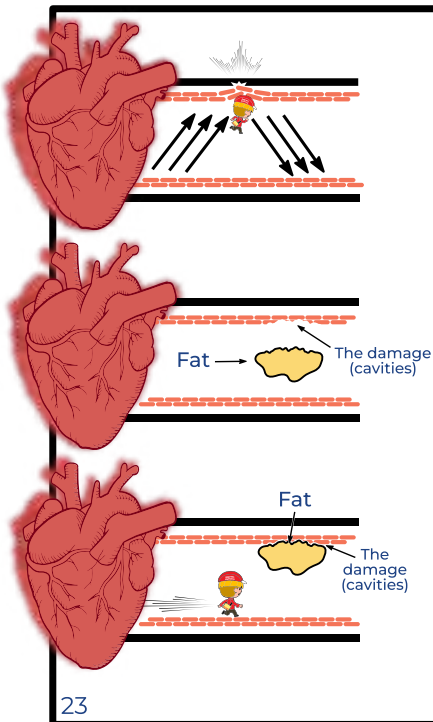
Because of too much blood flow or narrowed blood vessels, the heart will still try to pump blood as normal as possible, and it will be putting stress to the heart.



“With High blood pressure, the heart and blood vessels can be easily overwhelmed, resulting in heart failure.”



4. WHY IS HAVING HEALTHY BLOOD VESSELS IMPORTANT?



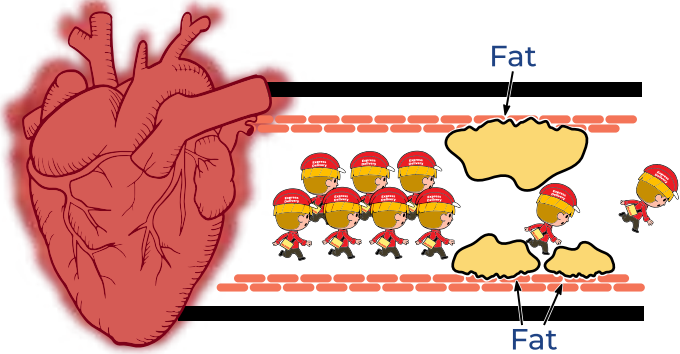
With more pressure from the blood flowing through, there will be an increased chance of a damaged blood vessel wall. Just like when there are more delivery guys hitting the walls, the more wounds will be created.

Due to the damaged blood vessel walls, this little thing will be the first to stay, which is known as fat.

Fat are greasy and sticky, usually flowing around the body with the blood, It is easy for fat to get stuck, and stick to the damage are of the blood vessels.

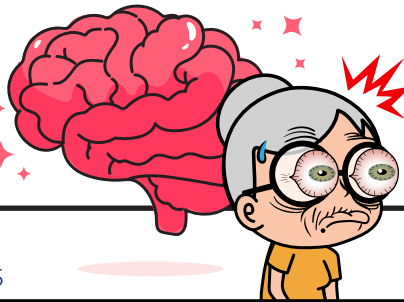
Then, when there are too much accumulation of fat, it will form "Big Oil Bags" known as plaque

Once a blood vessel is blocked, the blood cannot pass through easily.



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Waiting for delivery...



Why my oxygen hasn't arrive to my brain?

Now that there is a problem with the pathway blocked, and we all understand the mood of waiting for what we need.

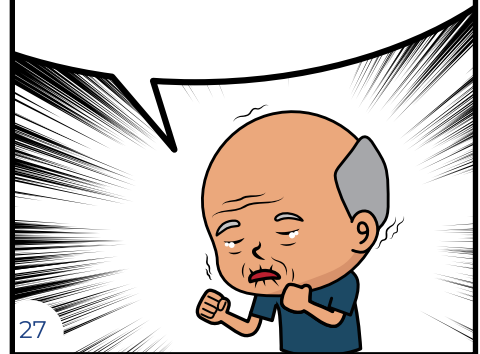
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“ When our body cells runs out of oxygen and essential nutrients , it will die within minutes and problems occur. Such as disrupted blood flow to the brain which can cause Stroke, Heart Attack, Acute kidney Failure and other major critical health conditions. ”



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My heart is blocked and my kidneys are also weak.



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This is not over, if the blood pressure is always so high, The blood vessels are so bumpy every day, maybe one day--

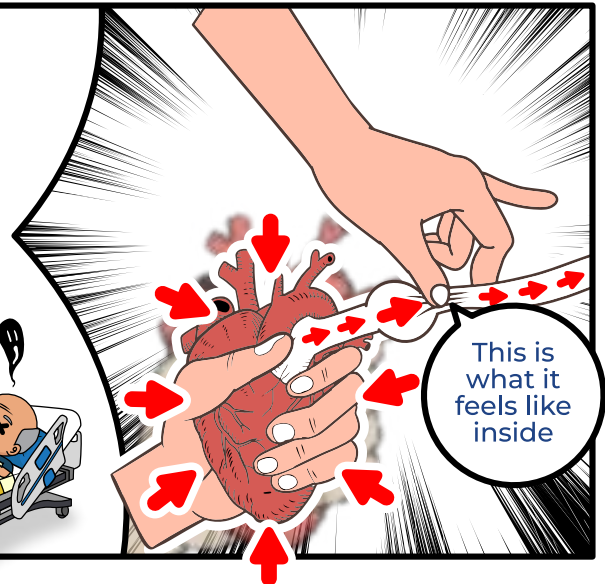
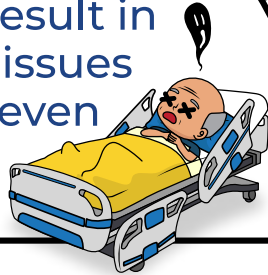


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Once a blood vessel has burst, the bleeding can occur in the brain, known as brain bleed, or result in retinal blood vessels burst, that can cause blindness.....



So we hope you get it. In fact, high blood pressure is dangerous, **If the pressure in the blood vessels being too high and blocked**, it can also result in many major health issues which may cause even death.



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We usually feel nothing, But once the situation is underestimated, it can collapse the blood vessels, leading to serious health issues with deadly consequences.



Doctor Ram

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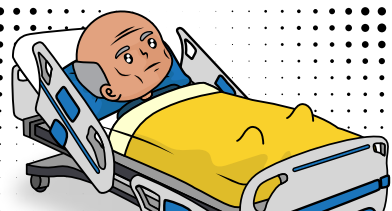
“ To face this silent killer, We can't let it develop to a stage where we can't control. ”



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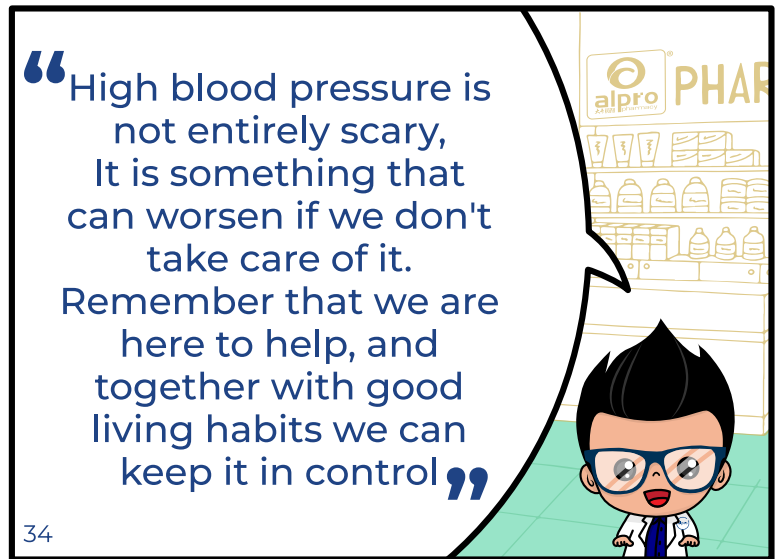
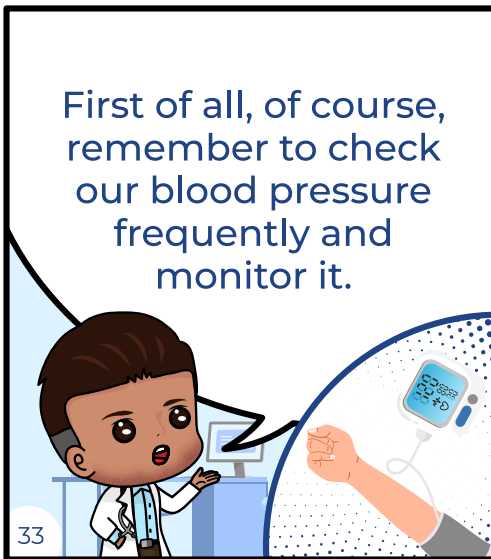
Eating a lot of salty food, smoking, drinking and staying up late, gaining weight, stress and ageing, and when our family members have a history of high blood pressure conditions,

It can affect our heart health, blood vessels conditions, and may definitely increase our risk of having High Blood Pressure.

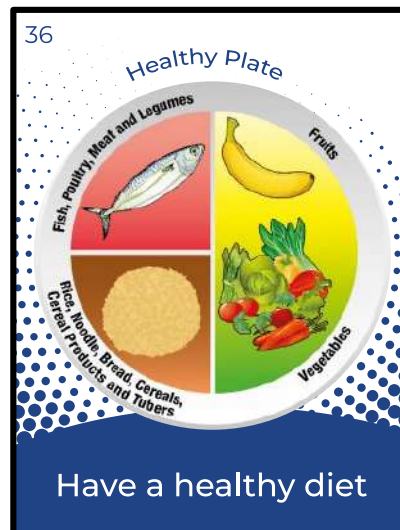
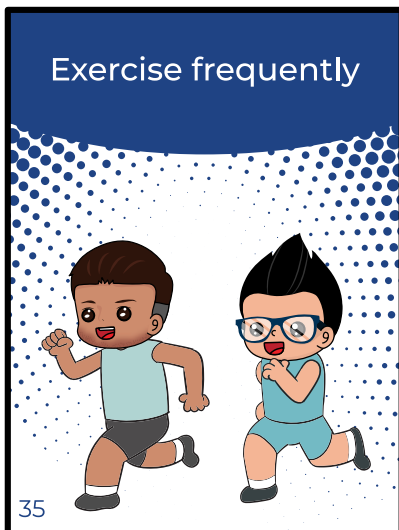


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5. WHAT SHOULD WE DO ABOUT IT?



DO THESE TO MAINTAIN A HEALTHY BLOOD PRESSURE





BLOOD PRESSURE CAN BE CONTROLLED!

**START MONITOR
IT NOW!**



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Illustrated by : Mohamad Fikri