



## Essential hypertension. Prevention and recommendations at the wheel

Hypertension is a chronic and treatable condition that consists of increased blood pressure. It can cause atherosclerosis and diseases in essential organs like the heart, kidneys, and brain.

### The WHO reports that:

**It affects one billion**  
people worldwide



**It causes 13 percent of all**  
**deaths in the world**  
Each year: 7.5 million deaths.



**It does not have**  
**clear symptoms.**  
It can develop asymptotically.



## Some key ways to prevent HT

**1**

### Prevent obesity:

Maintain a healthy diet that is low in salt.  
Avoid a sedentary lifestyle by exercising.

**2**

### Control high cholesterol.

**Reduce** stress.  
Do **not smoke**.

**3**

### Pay attention to symptoms that

**indicate risk:** dizziness, headache, fatigue, vision disorders, facial flushing, nose bleeds, and nervousness.

## 3 tips for symptoms of hypertension at the wheel.



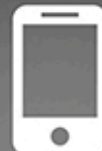
### Cannot drive

Patients with symptomatic  
and/or treatment-resistant  
hypertension



### If you suffer from hypertension and experience:

headache, dizziness, fatigue,  
poor vision, etc. stop the car in a  
safe place as soon as you can,  
remain calm, and wait for the  
symptoms to subside.



### If symptoms do not subside

Call a family member or friend  
for help or call 911.