

WHO: HIGH BLOOD PRESSURE IS GLOBALLY 'DEVASTATING'

Leticia Castillo-Kontak, MD, Baylor Scott & White Health

{**ON CAM**}

STROKE KILLS MORE THAN ONE THOUSAND PEOPLE EVERY HOUR ... AND MOST OF THOSE STROKES ARE CAUSED BY HYPERTENSION.

{**TAKE VO**}

THAT DATA PROMPTED THE W-H-O TO SOUND THE ALARM TO GLOBAL LEADERS ABOUT THE IMPACT OF HYPERTENSION ... ALSO KNOWN AS HIGH BLOOD PRESSURE ... IN A NEW REPORT.

THEY ALSO WARNED MOST PEOPLE WITH HYPERTENSION AREN'T DOING ENOUGH TO TREAT IT AND NEARLY HALF OF PEOPLE IMPACTED DON'T EVEN KNOW THEY HAVE IT.

CARDIOLOGIST LETICIA CASTILLO-KONTAK ENCOURAGES PEOPLE TO GET SCREENED

{**TAKE SOT**}

Leticia Castillo-Kontak, MD

Baylor Scott & White Health

TRT:

“ If we diagnose and treat hypertension early, we can prevent a lot of the complications that come with long-standing high blood pressure. Um, and it's a simple test, and people can also check their blood pressure at home.”

{**ON CAM**}

A DIET LOWER IN SODIUM ... LOSING WEIGHT ... AND REGULAR EXERCISE ARE THE FIRST LINES OF DEFENSE AGAINST A HYPERTENSION DIAGNOSIS ... SAYS CASTILLO-KONTAK.

MEDICATIONS CAN ALSO HELP.

