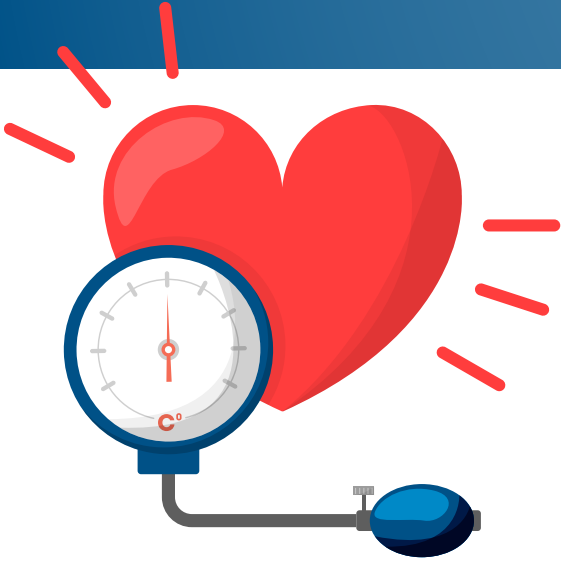


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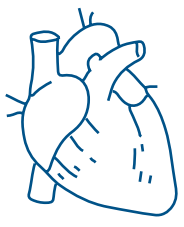
WORLD HYPERTENSION DAY

Find out how to get tested and treated

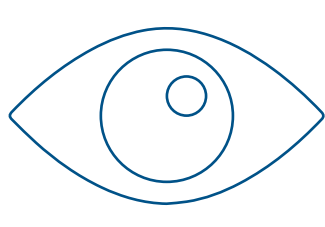


What is hypertension?

Hypertension, or high blood pressure, occurs when the force of blood against the walls of the blood vessels exceeds 140/90mmHG.* High blood pressure causes and worsens the narrowing of the arteries and, if not managed, can lead to the following conditions:



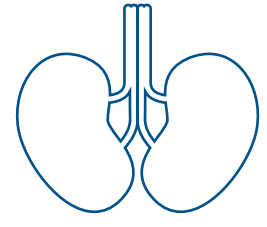
Heart disease
e.g. heart attack, arrhythmias



Eye conditions
e.g. impaired vision / blindness



Brain-related issues
e.g. stroke, haemorrhage



Kidney complications
e.g. kidney failure

* Source: World Health Organisation

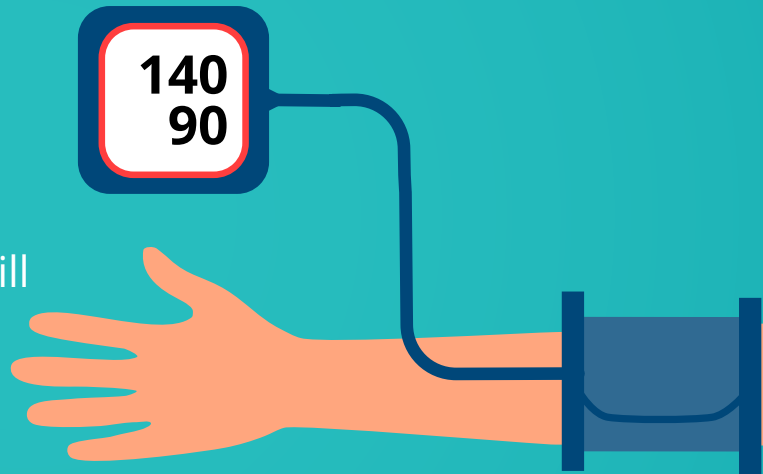
What are the symptoms?



Many people with hypertension may not experience any symptoms. However, extremely high blood pressure can lead to symptoms, such as headaches, blurred vision and chest pain. Regular blood pressure monitoring is crucial for identifying high blood pressure. Often dubbed the 'silent killer,' hypertension can go unnoticed until complications arise, emphasizing the importance of routine blood pressure checks for early detection.

How is it diagnosed?

Your GP or a pharmacy can test your blood pressure using a blood pressure monitor. As blood pressure fluctuates from moment to moment and day to day, several measurements will be taken before you are diagnosed. **The DBBS pays for blood pressure testing as part of its Preventative Benefits.**



Can hypertension be treated?

YES!

Hypertension can be managed through lifestyle changes and, when diagnosed as a chronic condition, with medication. **Hypertension is on the Society's Chronic Disease List of Prescribed Minimum Benefits (PMBs). If you register your chronic condition, your medication will be covered from the chronic medicine benefits** (Society Rules apply) and you will be enrolled on the Disease Risk Management (DRM) programme.

Lifestyle changes



CONTROL YOUR WEIGHT

Excess weight contributes to the onset and will worsen hypertension. It is vital to get your weight under control. You should aim for a Body Mass Index between 19 and 25.



EXERCISE

Sedentary individuals have a 30-50% greater chance of developing hypertension. You should aim for 30 minutes of moderate exercise (e.g. walking) a day, and more vigorous exercise of 3 hours per week (e.g. gym, running).



HEALTHY EATING

Limit your intake of salty food (less than 2 grams/day), e.g. processed snacks, canned soup and fast food.
Limit your intake of sugary snacks, sodas and desserts.
Drink alcohol in moderation (14 units for men and 7 for women per week).



STRESS MANAGEMENT

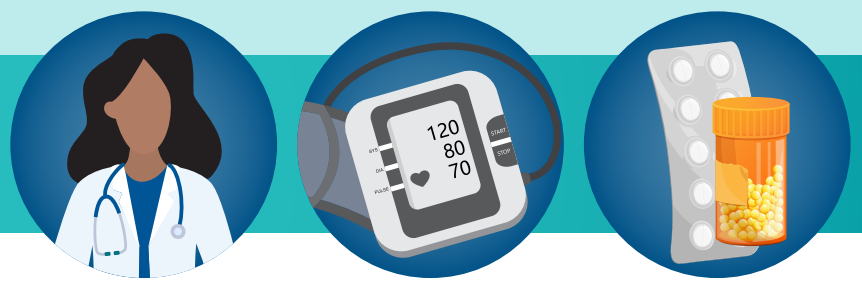
Identify what causes you stress and anxiety and try to manage it better.



Medical management

There are several types of medications that can be used to manage high blood pressure. You must contact Mediscor ChroniLine® on 086 011 9553 to obtain pre-authorisation for your medicine. A Mediscor ChroniLine pharmacist will check your request against the Society's protocols and confirm whether the medicine is authorised to be funded from the chronic benefit or not. A dedicated team of experts will help to get your chronic condition and medicine registered. Hypertension is a chronic (long-term) condition, which means you are aiming for blood pressure control.

Get registered



To register your chronic condition, your pharmacist or treating provider must contact Mediscor ChroniLine® on 086 011 9553 or email preauth@mediscor.co.za. If you have been diagnosed with hypertension and your medicine has been approved by Mediscor, you will be registered on the Society's Hypertension DRM. This means that a treatment plan for your condition will be registered, which provides guidance on the types of tests and treatment needed to manage your condition. You will also be contacted by a professional to help you monitor your blood pressure.

NEED HELP? Reach out to the Benefit Society if you have any queries.

@benefitpost@dbbs.co.za | 053 807 3111 | dbbs.co.za