High blood pressure or BP or hypertension has been termed as the ‘silent killer’. It is essential to know in detail about this silent killer and take measures not to fall prey to it.

What is BP?

In simple words, blood pressure is the force of blood pushing against the walls of the arteries. When the heart contracts and pumps blood, the force or the pressure of blood is at its highest, this is known as systolic pressure. The pressure of the blood comes down when the heart is at rest between beats. This is called diastolic pressure. So the pressure in your blood varies depending on the type of work you are doing. If you are jogging, your BP goes up, but when you are relaxing your BP comes down.

What is normal blood pressure?

Blood pressure readings have top and bottom numbers. When a doctor checks your BP he would mention the reading as 120/80 wherein 120 is systolic and 80 is diastolic. Your readings would determine the state of your health.

- Normal: Less than 120 over 80 (120/80)
- Pre-hypertension: 120-139 over 80-89
- Stage 1 high blood pressure: 140-159 over 90-99
- Stage 2 high blood pressure: 160 and above over 100 and above
- High blood pressure in people over age 60: 150 and above over 90 and above

To know more about the causes of high blood pressure, who are likely to develop hypertension etc. read more...
VARICOSE VEINS AND TREATMENT

Varicose veins can cause pain, swelling, fatigue, blood clot and skin discolouration with soreness and itching. If proper medical attention is not provided, varicose veins have the potential to worsen over time to develop into serious condition.

**Symptoms**

- Aching pain in the legs
- On visual appearance, the veins look blue in colour, enlarged and twisted
- Muscle cramps
- Swelling in the legs
- Increased pain during standing and walking
- Itching of skin around the veins
- Tenderness around the veins
- Heaviness of the leg and leg muscles get tired easily
- Burning or tingling sensations

To know how you can get it treated, [read more...](#)

HYPERTENSION IN EXPECTING MOTHERS

Hypertension or high blood pressure during pregnancy is medically termed as **pre-eclampsia**. In this condition, the blood pressure is above normal (≥ 140/90). The condition can be with or without oedema (swelling of feet), with or without protein in urine, after 20 weeks of gestation.

**Risk Factors**

- Elderly or teenage mothers
- Family history
- Twins
- Obesity
- History of hypertension, kidney problems
- History of heart disease
- Auto-immune conditions like SLE (Systemic Lupus Erythematosus)
- Women who have had IVF
- Women with diabetes

To know more about who gets it, diagnosis and impact on pregnancy, [read more...](#)

THE NEED FOR AWARENESS - APOLLO HEART CHECK

Heart disease is considered as one of the greatest killer epidemic in our country.

**Why Indians?**

- There is ethnic preponderance of Coronary Artery Disease (CAD) in Asians and Indians in particular. Many get affected at a young age and the progression of disease is also very rapid. On an average, Indians suffer heart attack 10 years earlier compared to Americans and Europeans.
- The incidence of diabetes is increasing in India and 40 per cent of diabetics ultimately develop heart disease.

Find health information on would be mothers, children and guidance on how to stay fit and maintain your well-being. [Click here >>](#)
• The low level of good HDL cholesterol in Indians has been observed as the culprit.

• Dietary indiscipline and lack of exercise are other causes, habits that must be inculcated early in life. In most schools in our country, outdoor games are not part of the curriculum, unlike in the West.

Everyone above 40 years of age should have a check-up done at least once a year. If an individual has a family history of heart attacks and/or early death, check-ups need to begin earlier. Thanks to physical inactivity, long hours at work and inadequate sleep, more and more young people are beginning to suffer from heart disease, some even at the age of 20-30 years. Apollo Clinics offers a reasonable package - Apollo Heart Check (AHC), which includes all the tests in APHC Package + Cardiac Stress Analysis (CSA/TMT), Pulmonary Function Test (PFT), Diet Counseling, Echo Cardiogram and Cardiac Consult. To know more about Prevention, read more...

SALT AND SUGAR – TWIN CHALLENGES IN DIABETICS

Diabetes is on the rise, yet most cases are preventable with healthy lifestyle changes. If you are trying to control or prevent diabetes, eating right is important. This does not mean that you deprive yourself of the things you enjoy, but with the action points we give you, you can still enjoy your favourite foods without feeling hungry or deprived.

Salt content does not have any direct effect on blood, but it creates hypertension which is very damaging for the body, especially for a diabetic patient. On the other hand, Excess or lower Sugar content affects the blood and also the metabolism in diabetic patients. Keeping blood glucose levels under check is the key to diabetes management.

To know how to tackle both the evils, read more...

KNOW YOUR FOOD TO FIGHT DIABETES

The diabetic diet is essentially a balanced diet plan comprising of all the major nutrients that keep the body from getting hypoglycemic, without depriving the body of vital vitamins and nutrition, while also keeping the sugar levels from rising out of permitted levels.

Apple is the choicest of low calorie snack with antioxidant quercetin and 4 g of fibre that steadies blood sugar swings. For the best benefit, consume with skin on.

Avocado, the buttery fruit, has high fat content but its good fats (MUFA) cut sugar spikes as it delays the transit of food in the gut, leading to slower absorption of carbs.

Barley, like oats, is divine for diabetics with its soluble fibre beta glycan which slows down the digestion and absorption of carbohydrates, stabilizing blood sugars and its potassium helps to reduce blood pressure. Pearled, hulled, or quick-cooking are all great choices.

Broccoli is bountiful in chromium, vital for insulin formation required to maintain normal blood glucose.

To know your food more, read more...

HEART DISEASE - DIAGNOSE WHEN YOUNG

There are 150,000 to 200,000 children born each year with congenital heart disease in India. Apollo Clinics can now, using advanced technology find out whether or not a baby has a heart problem, even when the mother is pregnant. Tests can be performed at 18 weeks of gestation to decide on a course of action.

Parents Beware!

• All school going children should undergo routine health check-up. Those with symptoms and signs of cardiac diseases should be referred to cardiologists for further evaluation.

Find health information on would be mothers, children and guidance on how to stay fit and maintain your well-being. Click here >>
Parents of children with congenital heart disease should be adequately counselled on the importance of regular follow-up and of subjecting the children to intervention or surgery at the appropriate time.

Donations should be sought from organizations to fund surgery for children who cannot afford it.

Though rheumatic heart disease is not congenital, it is a preventable condition. The same bacteria that cause sore throat can induce a response that can affect a child’s heart and damage the valves permanently. Every child with a sore throat should be evaluated by a physician and treated appropriately. Walk in to your nearby Apollo Clinics centre and get an expert view on the condition of your child.

*Remember: Precaution is better than cure.

To know when a child’s heart needs medical attention, read more...

---

**EAT RIGHT, EXERCISE RIGHT**

1. **Take control of what you eat**: There are a few things that we have control over. Food generally doesn’t fall in that category. Say no to temptation. Watch what you eat.

2. **Eat frequently and eat slowly**: Eating frequently prevents hunger pangs. Never skip a meal, especially breakfast and healthy snacks in between your meals.

3. **Eat more fruits and vegetables**: People who eat healthy, mostly unprocessed foods including fruits, vegetables, legumes, whole grains and limited amount of lean animal protein often find that they can eat as much as they want without gaining weight.

4. **Eat more fibre**: Fibre makes you feel full sooner and stays in stomach longer than other eatables and keeps blood sugar at a more consistent level.

5. **Cut down on sugars**: Watch out for hidden sugars in processed foods like ketchup, salad dressing, canned fruits, peanut butter etc.

6. **Control over too much of bad things**: Foods like deep fried stuff, canned and junk foods are a strict no-no!

Eating too much or not being physically active enough will make you overweight. To maintain your weight, the calories you eat must be equal to the energy you burn. To lose weight, you must use more calories than you eat. To know how to balance both, read more…

---

**APOLLO FAMILY CARE PROGRAMME**

The Apollo Hospitals Group has been serving the cause of good health for over 30 years now. Making world-class healthcare accessible and affordable so as to touch a billion lives is the singular mission that drives every member of the Apollo family. We at Apollo Health and Lifestyle Ltd. are taking another firm step in realizing this mission with the introduction of a card less loyalty program - Apollo Family Care - where we believe that Good health is wealth.

The Apollo Family Care programme rewards you for every health care movement you take in life for staying healthy. With just your mobile number and Unique Health ID you can access the seamless benefits we offer through this programme.

To know your food more, read more…