ABSTRACT 2008

6th ANNUAL NATIONAL CONFERENCE
8-11 SEPTEMBER, 2008

FEDERAL UNIVERSITY OF TECHNOLOGY,
OWERRI, IMO STATE
ABSTRACT 2008

HEALTH PROMOTION RESEARCH ASSOCIATION OF NIGERIA (HEPRAN)

CHERRYBREN LTD, Owerri
HEALTH PROMOTION RESEARCH
ASSOCIATION OF NIGERIA (HEPRAN)

SIXTH ANNUAL NATIONAL CONFERENCE/WORKSHOP
8 – 11 SEPTEMBER, 2008
FEDERAL UNIVERSITY OF TECHNOLOGY, OWERRI, IMO STATE

CONFERENCE THEME:
HEALTH PROMOTION AND DISEASE CONTROL IN NIGERIA

SUB-THEMES:
a. Disease Control and Informatics
b. Environmental Health Information System
c. Emerging and Re-emerging Diseases
d. Early Detection of Diseases in Health Promotion
e. Disease Control Technologies
f. Risk Assessments in Disease Control
g. Community Participation in Disease Control
h. Fitness in Disease Control

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KNOWLEDGE OF RISK FACTORS AND CONTROL OF HYPERTENSION: IMPLICATIONS FOR HEALTH PROMOTION AMONG ADULTS

by

Okereke, Stella Ngozi
Department of Health Services, Federal University of Technology, PMB 1526, Owerri

ABSTRACT - 04

Hypertension is the sustained elevation of blood pressure to 140/90 mm Hg or more. As a slow silent killer, it is a major Public Health problem in Nigeria and the world at large as majority of patients do not know they are hypertensive. It is the commonest non-communicable disease in the world and all races are affected with variable prevalence. Hypertension can be primary or secondary type. Certain risk factors are associated with this ailment. Such risk factors are Genetic, Age, Obesity, Environmental stress, tobacco, oral contraceptives, elevated levels of plasma lipids, high sodium intake, sedentary life or physical inactivity, high alcohol consumption. It is a major cause of stroke, coronary heart disease, heart and Kidney failure. Apart from these clinical effects, it also brings about negative psychological, sociological and economic undertones. Prominent among these is loss of productive work days attributed to Hypertension. This disease can be controlled if adequate and early preventive measures are instituted. This paper highlights such preventive techniques and measures to include: tracking blood pressure levels from childhood through adolescents to adulthood, identification and removal of risk factors, instituting formal or informal Public health education, pre employment medical screening and examination, life style modification or instituting medications backed by strict compliance. The paper concludes that if this information advanced here is disseminated through appropriate media to the productive population who are mostly at risk, it will go a long way in promoting health and increasing life expectancy.