6th World Congress of Diabetes India in Chennai

Dr. Banshi Saboo inaugurating PHFI stall along with Dr. Anuj Maheshwari & Dr. Bhandari

Date: 9th – 12th April, 2015
Venue: Chennai
Participants visiting the stall

Eminent guest along with Dr. Saboo at PHFI stall
Paper Presentation by Dr. Anuradha from PHFI

Slides displaying the CCEBDM program overview
HYPERTENSION UNAWARENESS

- Only a small proportion of hypertensive patients are aware of their condition.
- Hypertension is a major contributor to cardiovascular disease.
- Lack of awareness leads to under-treatment and poor control.
- Poor control increases the risk of heart attack, stroke, and kidney failure.

MANAGEMENT OF HYPERTENSION: INTERNATIONAL GUIDELINES ARE NOT SUITABLE FOR INDIA

- Patients with hypertension should be treated with a combination of lifestyle modifications and medication.
- Lifestyle modifications include dietary changes, weight loss, regular exercise, and smoking cessation.
- Medication options include diuretics, beta-blockers, angiotensin-converting enzyme (ACE) inhibitors, and angiotensin receptor blockers (ARBs).

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