

High Blood Pressure

Matenda Ya BP | Ubuwele Bwa BP

Quit Smoking



↓ risk of heart attack

Healthy diet



↓ 12 points

Weight loss



↓ 1-2 points per kg

Physical activity



↓ 10 points



First-line medications



Enalapril

Nifedipine

Telmisartan

Hydrochlorothiazide



↓ alcohol



Association of
Family physicians
of Zambia

Patient plan



SCAN ME



The University of Zambia
School of Public Health
Family Medicine MMed Program