



Republic of the Philippines
Department of Education
Region VII – CENTRAL VISAYAS
SCHOOLS DIVISION OF BOHOL

Office of the Schools Division
Superintendent

May 6, 2020

Division Memorandum
No. 176 series of 2020

NATIONAL HYPERTENSION AWARENESS MONTH

TO: *Schools Division Office Personnel*
Public Schools/Acting Public Schools District Supervisors
School Administrators/School-in-Charge
School Health and Nutrition Personnel
Teaching and Non-teaching Personnel
All Others Concerned

1. Pursuant to **Proclamation No, 1761, s. 2009**, declaring the month of May each year as “**Hypertension Awareness Month**”, this office expresses support for the National Hypertension Awareness Month of **May 2020**.
2. All concerned are to be mindful of the impact of Hypertension on the lives of Filipinos, most especially because **Hypertension and Diabetes** continue to be among the **Top Five (5) Health Problems** affecting the Teaching and Non-teaching personnel of the Department of Education, Division of Bohol.
3. All are enjoined to:
 - a. Be educated or gain awareness about Hypertension and Diabetes, especially to those who already suffer from it;
 - b. Eat a healthy diet, have an adequate fluid intake, and observe moderation of salt, sugar, and fat intake;
 - c. Maintain a healthy lifestyle by regular physical activity, and the avoidance of drinking alcohol and cigarette smoking;
 - d. Adhere to treatment by faithfully following medical advice, taking prescribed medications regularly and at the prescribed time;
 - e. Foster a positive health seeking behavior in general, to minimize the occurrence and impact of disease and promote quality of life.
4. See attached IEC materials for reference.
5. For your information, wide dissemination and genuine support.

AE
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Myths and Facts on Hypertension

1) MISCONCEPTION: There is nothing we can do to prevent High Blood Pressure. Many people who have disease of high blood pressure in their near and dear ones have this impression that nothing can be done to prevent hypertension from occurring.

Truth: Even if a person is having many risk factors, few steps taken by us can really prevent high blood pressure from occurring.

2) MISCONCEPTION: One abnormal reading of blood pressure means I have hypertension.

Truth: One high blood pressure reading is not enough for a diagnosis of hypertension. A doctor can diagnose hypertension only after several readings are taken over a period of time. If there is one high reading, then we must measure it at least two more times on separate days to check whether it is consistently high.

3) MISCONCEPTION: I don't use table salt, so I'm in control of my sodium intake and therefore of my blood pressure.

Truth: By the mere controlling table salt does not mean that you are controlling the actual salt intake. 75% of the sodium we consume is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes. Look out for words like 'soda', 'sodium' & the symbol 'Na' on labels; these words show that sodium compounds are present.

4) MISCONCEPTION: I use kosher or sea salt when I cook instead of regular table salt. They are low-sodium alternatives.

Truth: Chemically kosher salt and sea salt are the same as table salt – 40% sodium – and count the same toward total sodium consumption. Table salt is a combination of the two minerals sodium (Na) and chloride (Cl).

5) MISCONCEPTION: High blood pressure is always caused by a poor diet and lack of activity.

Truth: Certainly diet and lifestyle factors influence risk of high blood pressure. Some of the major factors include eating too many salt, wrong foods, lack of regular physical activity or being overweight/obese. However some non modifiable risk factors for high blood pressure are things such as: Age, Family history of high blood pressure and Ethnicity

If you belong to an at-risk group, talk to your doctor about your blood pressure and make sure you are getting your blood pressure check regularly.

6) MISCONCEPTION: People with high blood pressure have nervousness, sweating, difficulty sleeping and their face becomes flushed. I don't have those symptoms so I must not have high blood pressure.

Truth: Many people have high blood pressure for years without knowing it. High blood pressure is often called "the silent killer" because it has no symptoms. You may not be aware that it might be damaging your arteries, heart and other organs. Don't make the mistake of assuming that you will be alerted by the symptoms of high blood pressure. Everybody needs to know their blood pressure reading. Diagnosis should only be made by a healthcare professional.

7) MISCONCEPTION: I don't have to measure my blood pressure at home.

Truth: Home monitoring of blood pressure is advisable since blood pressure fluctuates and home blood pressure recording chart helps physician to make proper dose adjustment.

8) MISCONCEPTION: Once my blood pressure is controlled I can stop the medicines.

Truth: High blood pressure can be a lifelong disease. It needs to be controlled with medicines which is required to be taken life long, unless your physician ask you to stop taking them. Stopping medicines once blood pressure is controlled will lead to rebound hypertension hence the medicines should not be stopped without consulting the physician.

References

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

<https://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-symptoms-high-blood-pressure>

<https://www.healthline.com/health/types-and-stages-of-hypertension#primary-vs-secondary>

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/common-high-blood-pressure-myths>



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May is...

HYPERTENSION AWARENESS MONTH

Theme:

Know Your
Numbers



HYPERTENSION

Blood Pressure Guidelines

Category	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120-139	or	80-89
High Blood Pressure/Hypertension			
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥ 160	or	≥ 100

How to reduce the risks:

1. Lose extra pound and watch your waistline;
2. Exercise regularly;
3. Eat healthy diet;
4. Reduce sodium in your diet;
5. Quit smoking;
6. Cut back on caffeine;
8. Reduce your stress;
9. Monitor your BP and see a doctor regularly; and
10. Get support

-it is known as the **“SILENT KILLER”** because it often has **NO SIGNS** or **SYMPTOMS**, and if **UNCONTROLLED** can lead to **HEART ATTACK** or **STROKE**.

Two Types of Hypertension:

1. **Primary (Essential Hypertension)**- no identifiable cause; tends to develop gradually over many years.
2. **Secondary Hypertension**- caused by an underlying condition; various conditions and medications can lead to secondary hypertension.

Signs and symptoms of high blood pressure:

1. Severe headache
2. Fatigue or confusion
3. Vision problems
4. Chest pain
5. Difficulty in breathing
6. Irregular heartbeat
7. Blood in urine
8. Pounding in your chest, neck, or ears



If you have any of these symptoms, see a doctor immediately. You could be having a hypertensive crisis that could lead to a heart attack or stroke.

Untreated hypertension can lead to serious diseases, including stroke, heart disease, kidney failure and eye problems.

How the body process sugar?

1. When a person eat or drink

2. The body converts it into sugar

3. Sugar is broken down into glucose, galactose and fructose

4. Glucose is the body's main source of energy

5. But the glucose can only enter the cells if there is insulin in the blood

6. Your pancreas secretes the hormone insulin to retrieve the blood glucose and distributes it to different cells throughout your body for use as energy.

What you need to do to stay healthy and prevent from diabetes?

1. Cut sugar
2. Work-out regularly
3. Drink water as primary beverage
4. Lose weight if you're overweight/obese
5. Quit smoking
6. Avoid sedentary behavior/lifestyle
7. Minimize intake of processed foods
8. Limit alcohol intake
9. Skip fad diets and make healthier choices
10. Regular Check-up

References

<https://www.healthline.com/nutrition/prevent-diabetes#1.-Cut-Sugar-and-Refined-Carbs-From-Your-Diet>

<https://www.heart.org/en/health-topics/diabetes/understand-your-risk-for-diabetes>

<https://www.webmd.com/diabetes/guide/risks-complications-uncontrolled-diabetes>

<https://www.diabetes.co.uk/high-low-blood-sugar-symptoms.html>

<https://www.everydayhealth.com/type-2-diabetes/high-and-low-blood-sugar/>

www.doh.gov.ph



Everything You Need To Know About DIABETES



Symptoms

TYPE

RISK FACTORS

IMPACT

PREDIABETES

Blood Glucose Chart

Classification	Fasting
Normal	100 mg/dL
Impaired glucose tolerance	100-125 mg/dL
Diabetes Mellitus	≥ 126 mg/dL

Type I Diabetes- Body does not produce enough insulin

Type II Diabetes- Body produce insulin but can't use it well.

Gestational Diabetes- Temporary condition in pregnancy.

Signs of HIGH BLOOD SUGAR

www.diabetesadvocacy.com



Signs of LOW BLOOD SUGAR

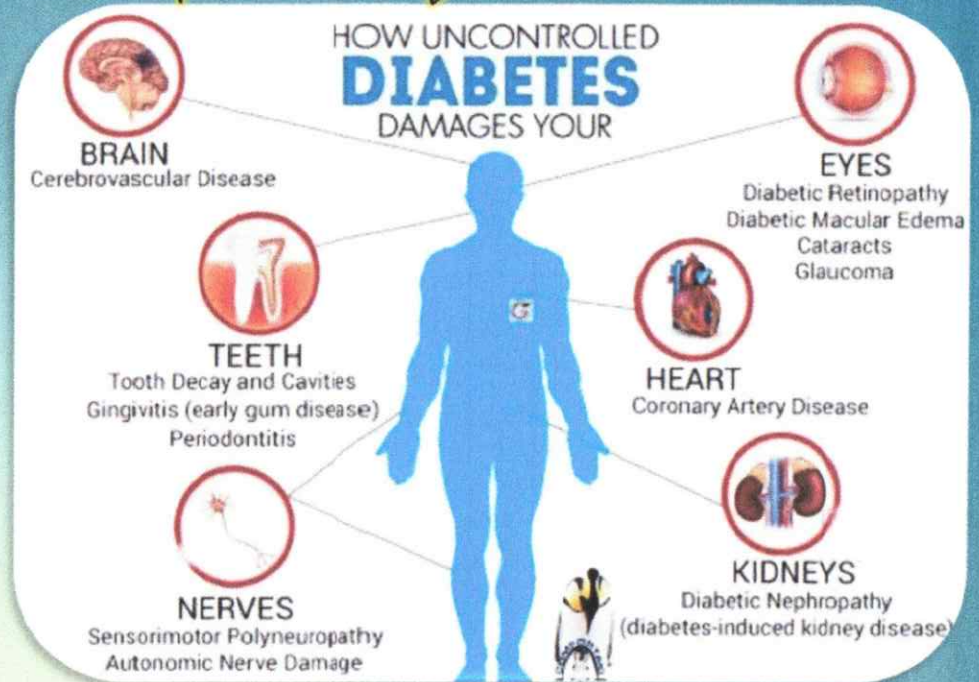
www.diabetesadvocacy.com



Risk Factors



Complications of Diabetes Mellitus



Myths

Facts

People with diabetes cannot eat sugar.	People with diabetes need to eat diet that is balanced which include some sugar in moderation.
Diabetes only affects fat people.	Around 20% of people with diabetes are of normal weight or underweight.
People with diabetes have sexual dysfunction.	Person with poorly controlled diabetes and high blood sugar can experience erectile dysfunction, vaginal dryness, and reduced libido.
Fruit is good for you; it is okay to eat as much as you want.	It is true that fruit is good for you, but because fruits contain carbohydrates which are broken down into sugar. It is important you may be mindful of your fruit portion.
Diet drinks or those that are labelled "sugar free or less in sugar" are healthy for persons with diabetes.	A growing body of evidence shows that these drinks correlate with an increase risks of a wide medical condition like heart attack, hypertension, metabolic issues like diabetes, obesity, dementia, stroke, fatty liver diseases. Many studies have shown that artificial sweeteners are not good for the body.