

PREVENT HYPERTENSION

A Call to Action



**SURENDER REDDY
NERAVETLA, MD, FACS**
Author of Salt Kills

"'Prevent cancer' has become one of the slogans of our age: 'prevent hypertension', if acted upon, has a greater immediate chance of saving lives."...Colin Tudge wrote in 1981 in a published article titled

"Salt: deadliest spice of all" summarizing the lifetime contributions of one Dr. Lewis K. Dahl.

The World Health Organization (WHO) in its report on global health risks, also reported, **"Hypertension is deadlier than tobacco."**



By the way, Dr. Dahl is called the "father of hypertension" for his many years of contributions to our knowledge of hypertension. The American Heart Association (AHA) also conferred a rare honor of instituting the annual Dahl memorial lecture.

Hypertension is by far the most massive, preventable global health problem needing engagement of global physicians, especially physicians of Indian origin. A recently published report from India which shows life expectancy of Indian physician themselves is about 9 years shorter than the general population. This should be a battle cry for us to engage in "Prevention." Pills and procedures don't trump Prevention. We need to focus on prevention for our own health, the health of our families, friends and patients we are responsible for.

Consider the following:

Eighty percent of heart disease is preventable... AHA

Hypertension is the number one cause of death and disability surpassing Tobacco...WHO

Fifty percent of strokes and heart attacks are caused by hypertension...WHO

One billion people in the world have hypertension...WHO

Up to 100 million Americans have hypertension and fifty percent of them do not have it under control...Centers for Disease Control (CDC)

Hypertension in Black America is more common, more difficult to control and more complications at an earlier age...CDC.

Heart failure is the most common reason for admission and readmission for Medicare participants...The Agency for Healthcare research and Quality

Table salt consumption is by far the most common preventable cause of hypertension... thousands of papers.

Eat drink and be merry, without compromising health. The time is now for physicians of Indian Origin as global physicians to lead the way - by walking the walk! Can we cut back on our table salt?



**HEALTH FIRST:
TASTE WILL CHANGE**