

# '15m adults suffer from high blood pressure'

## STAFF CORRESPONDENT

Around 15 million adults in Bangladesh are suffering from high blood pressure covering 15 to 20 percent of the adult population, said the speakers at a press conference yesterday.

Quoting a survey report they said among the elderly population about 49 percent of urban and only 17 percent of rural hypertensive are aware of their

hypertension status.

Of the elderly hypertensive, only 4.5 percent in urban and 3.1 percent in rural area have controlled blood pressure, they added.

The press conference was organised by Hypertension Committee of National Heart Foundation of Bangladesh (NHPB) at the National Press Club in the city yesterday on the eve of the World Hypertension Day on Thursday.

This year's theme of the day is 'Healthy Diet and Healthy Blood Pressure.'

The speakers said high blood pressure or hypertension, which is now a major problem in Bangladesh, can be prevented or controlled by simple changes in lifestyle.

They suggested intake of low sodium or salt diet, regular exercise, eating plenty of fruits and vegetables, weight reduction if

overweight and avoiding alcohol to prevent hypertension.

The speakers said control of other risk factors that interact with blood pressure is also important and these are smoking, high cholesterol and diabetes.

As these risk factors accelerate the damage of heart and blood vessels, it is important to manage and control all of them, they added.

National Professor and

Secretary General of NHPB Brig (retd) Abdul Malik, Chairman of Hypertension Committee of NHPB Prof RK Khandaker, Director of National Institute of Cardiovascular Diseases and Hospital Prof AKM Mohibullah, and Chairman of the cardiology department of Bangabandhu Sheikh Mujib Medical University (BSMMU) Prof KMHS Sirajul Haque were present at the press conference.

## Depression forms at east central Bay

BSS, Dhaka

The well-marked low, which dissipated in a low pressure yesterday in the east central Bay of Bengal, regained its strength and turned into a depression yesterday in the same area.

Under its influence squally winds may affect the maritime ports, which had been advised to hoist local cautionary signal number-3 by the Met office.

The maritime ports of Chittagong, Cox's Bazar and Mongla had taken off the local

cautionary signal number-3 on Saturday morning, but again advised to hoist the signal yesterday afternoon as the depression is packed within 44 kms of it with winds of about 40 kmph, rising to gusts/squalls. The sea will remain moderate.

It is likely to intensify further and move to a north/north easterly direction.

All fishing boats and trawlers working in the north Bay have been advised to keep close to the coast and negotiate the sea with caution till further notice, a special bulletin

of the Met office said.

It said the depression was centred at 3:00pm yesterday about 765-km south-southwest of Chittagong Port, 680-km of south-southwest of Cox's Bazar and 765 kms of Mongla Port.

The depression may generate high winds along the coastal area where river ports have been advised to hoist warning signal number-2. Other inland river ports have been advised to hoist warning signal number-1, the Met source said.