

According to report from WebMD, scientific evidence indicates that a diet that is low in saturated fat and salt and rich in complex carbohydrates (vegetables, whole grains, legumes, and fruits), increased physical activity, and regular practice of relaxation techniques such as yoga, Tai Chi, or Qigong, can help to lower high blood pressure.

**DIAGNOSED EARLY**

Hypertension, is often called a "silent disease" because you don't usually know you have it. There may be no symptoms or signs, but can become dangerously high and threaten your organs and your life.

Therefore, it's important to regularly monitor your blood pressure. Take immediate action especially if it raised above the "normal" range, or if you have a family history of hypertension. Blood pressure is recorded as two numbers:

- i) **Systolic blood pressure** is the maximum pressure during a heartbeat.
- ii) **Diastolic blood pressure** is the lowest pressure between heartbeats.

Blood Pressure Category	Systolic mm Hg	Diastolic mm Hg
Normal	90 – 129	60 – 85
Hypotension	< 90	< 60
Pre-hypertension	130 – 139	85 – 89
Hypertension Stage 1	140 – 159	90 – 99
Hypertension Stage 2	160 – 179	100 – 109
Hypertensive Crisis (Emergency care needed)	≥ 180	≥ 110

**ACT NOW!**

Talk to our healthcare team for more information and support to better manage your condition, find out more about how we can help.



Ronghua Health Recovery Centre is a one-stop diabetic healthcare management centre in Singapore that adopts an integrative holistic approach in preventing and managing diabetes as well as various chronic conditions.

This involves the use of personalized 12-week program to improve and maintain your overall well-being. Our treatment approaches: Goals setting, Assessment & Consultation, Alternative Medicine, Personalized Nutrition Plan, Personalized Exercise Plan, Stress Management, Education System and Healthcare Management.

For more information, please visit our website at [www.hrc.com.sg](http://www.hrc.com.sg).

Visit us at:

**Ronghua Medical & Recovery Centre Pte Ltd**  
 133 New Bridge Road #B2-24  
 Chinatown Point Singapore 059413

**Hotline: 6702 0818**



**BY TRAIN**

North East Line (NEL), Chinatown Station, Exit E  
 Downtown Line (DTL), Chinatown Station, Exit G

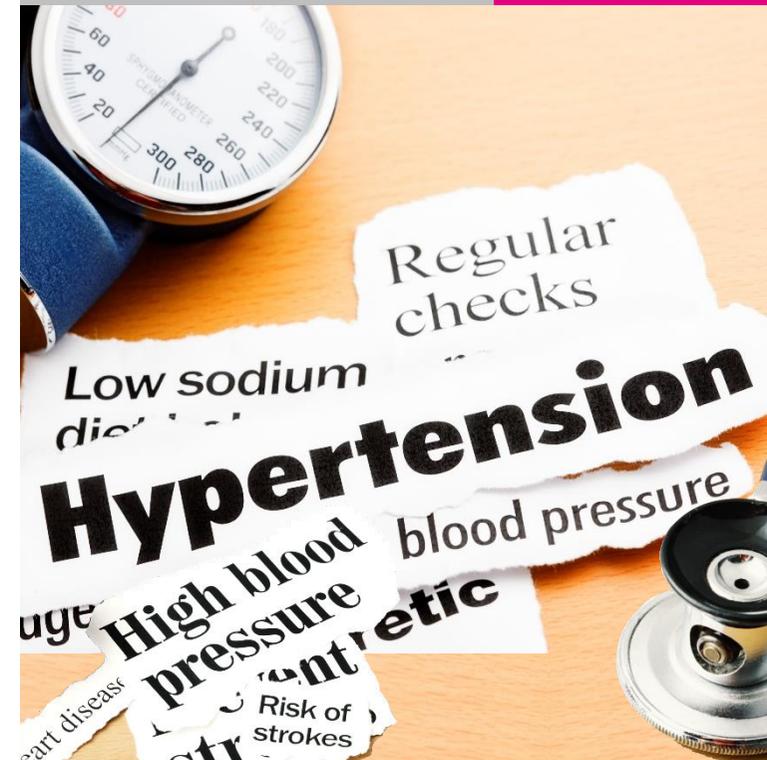
**BY BUS**

New Bridge Rd (in front of Chinatown Point): 2, 12, 33, 54, 63, 124, 143, 147, 190, 520, 851, 961, 961C



**A 12-Week Program for Managing**

**HYPER-TENSION**



**12 WEEKS to a NEW YOU**

**BASED ON A SCIENTIFICALLY PROVEN PROGRAM**

Hypertension also known as high blood pressure, is dangerous because it can lead to stroke, heart attack, heart failure, or kidney disease.

The goal of the **12-week program** is to lower the blood pressure and protect important organs, like the brain, heart, and kidneys from damaged. Prevention and treatment for hypertension involves lifestyle changes and drug therapy.

### Medication

Drugs used to treat hypertension, including:

- Angiotensin-converting enzyme (ACE) inhibitors
- Angiotensin II receptor blockers (ARBs)
- Diuretics
- Beta-blockers
- Calcium channel blockers
- Alpha-blockers
- Alpha-agonists
- Renin inhibitors
- Combination medications.



Our program compliments with your doctor's prescribed medications. We work together with your doctor to better manage your blood pressure levels.

### Education

We will prepare you with necessary knowledge and skills so that you can achieve the best possible control your blood pressure, and other risk factors for developing the complications of hypertension.



### Diet & Nutrition

Using DASH (Dietary Approaches to Stop Hypertension) diet as reference, our registered dietitian will help you plan your meals and snacks. We ensure you can still enjoy your favourite food, and tips to eat healthy and how to make good choices when you dine out.



### Exercise

Getting regular exercise is important. You don't have to be a gym's member or buy expensive equipment to exercise. Exercise need not to be long hours. Our flexibility fitness plan will fit in nicely according to your busy schedule.



### Stress Management

Managing stress is a key part for hypertension. Our psychologist will guide you on some relaxation techniques and methods to effectively relieve stress.

### Healthcare Management

You will be assigned under the care of a dedicated Healthcare Management Manager who will monitor your health conditions, to ensure you are on the right track. You can contact us anytime should you need any assistance, our professional team members will always be there to help.



### What you're getting:

You'll go through 3 phrases and meet regularly with our physician, dietitian and exercise physiologist.

In total, you'll have a weekly appointments over the 12 weeks and receive:

#### Phase I:

- A health, diet and fitness assessment with goals setting
- Educational program
- Change & Stress Management

#### Phase II:

- Alternative medicine (if necessary)
- Personalized diet/meal plan
- Personalized exercise plan
- Advice, motivation and support (with a starter pack)

#### Phase III:

- Continuity of Phase II
- Monitoring and control
- Self management & care
- Evaluation & post assessment

**We DARE to guarantee!**  
Results for our 12-week program are guaranteed.

*\* T&Cs apply*

