WHO: HIGH BLOOD PRESSURE IS GLOBALLY ‘DEVASTATING’
Leticia Castillo-Kontak, MD, Baylor Scott & White Health

{**ON CAM**}
STROKE KILLS MORE THAN ONE THOUSAND PEOPLE EVERY HOUR ... AND MOST OF THOSE STROKES ARE CAUSED BY HYPERTENSION.

{**TAKE VO**}
THAT DATA PROMPTED THE W-H-O TO SOUND THE ALARM TO GLOBAL LEADERS ABOUT THE IMPACT OF HYPERTENSION ... ALSO KNOWN AS HIGH BLOOD PRESSURE ... IN A NEW REPORT. THEY ALSO WARNED MOST PEOPLE WITH HYPERTENSION AREN’T DOING ENOUGH TO TREAT IT .... AND NEARLY HALF OF PEOPLE IMPACTED DON’T EVEN KNOW THEY HAVE IT. CARDIOLOGIST LETICIA CASTILLO-KONTAK ENCOURAGES PEOPLE TO GET SCREENED

{**TAKE SOT**}
Leticia Castillo-Kontak, MD
Baylor Scott & White Health
TRT: “If we diagnose and treat hypertension early, we can prevent a lot of the complications that come with long-standing high blood pressure. Um, and it's a simple test, and people can also check their blood pressure at home.”

{**ON CAM**}
A DIET LOWER IN SODIUM ... LOSING WEIGHT ... AND REGULAR EXERCISE ARE THE FIRST LINES OF DEFENSE AGAINST A HYPERTENSION DIAGNOSIS ... SAYS CASTILLO-KONTAK. MEDICATIONS CAN ALSO HELP.