

HYPERTENSION

Hypertension means high blood pressure. You can't feel that your blood pressure is high, that is because high blood pressure doesn't make you feel sick. You may not even know that you have it. Ask the sister or doctor at your nearest clinic to test your blood pressure.

Remember to take your hypertension medication every day as prescribed by the doctor or sister.

What increase the risk of getting hypertension?

Overweight, family history of hypertension, pregnancy, no exercise, certain drugs and medication, stress, age (higher risk with age), men also have a higher risk than women

What food can have an affect on your blood pressure?

Fat. A high fat diet can cause you to become overweight, which in turn can lead to hypertension. **Choose a diet low in fat!** Remove all fat from meat before cooking. Remove skin from chicken before cooking. Avoid meat, which contains a lot of fat for example bacon, polony, vienna's, russians and boerewors. Do not fry foods in deep oil, rather roast, boil or bake. Rather use low fat margarine or spray and cook. Do not add margarine, butter or oil to vegetables, porridge or other foods. Eat less french fries, chips (eg. Simba), pies, pastries biscuits, cakes, chocolate and fatty foods.

Use skimmed or 2% low fat milk, instead of full cream. Avoid coffee creamers and condensed milk.

Alcohol. Alcohol can increase your blood pressure. If you drink alcohol, drink no more than 1 drink for women and 2 drinks for men. 1 drink = 120 ml /1 glass of wine or 1 can of beer or 60 ml spirits

Fibre. Roughage (fibre) will help to bring your blood pressure down.

How do I eat more fibre? Oats and legumes (e.g dry beans and lentils) are good sources of fibre. Use brown or whole-wheat products, e.g. brown

bread, brown rice, oats, mealie rice and barley instead of refined foods. Fruits and vegetables must be eaten raw with skin (where possible). Remember to drink lots of clean safe water.

Salt. Foods high in salt affect your blood pressure by increasing it.

Try to avoid the following:

Bottles: Soya sauce, Worcester sauce, Tomato sauce, Chutney, Marmite.

Packets: Instant soups and other "instant" products, potato chips.

Cans: Baked beans, canned vege-

tables, bully beef.

Other: Salt, beef or chicken stock, Aromat.

What should I do except for changing my diet? Be active. That doesn't mean you have to do hard exercises. Climbing stairs or going for a walk is also activity. Try to be active for more than 20 minutes in a day. Stop smoking. Smoking can increase blood pressure. If you are overweight it is important to lose weight, because being overweight can increase blood pressure.

• **Heilbron Clinic**



WEES ONS OË EN ORE

HELP ONS OM ONS PYPLYN TE BESKERM

Geen voertuie, petroltenkers of mense moet naby 'n sperklepkamer of die pyplynmerkers of serwituu't kom nie.



Transnet Pyplyne besit, bestuur en bedryf 'n ondergrondse netwerk van 3 800 km hoëdrukpetrolsom- en gaspyplyne. Die soete van die pyplyne word duidelik deur bogroniese merkers aangedui.

Drewe hieskadig die pyplyne en die gepaardgaande infrastruktuur al hoe meer om die produk te stuur. Dit is uiters gevaarlik aangesien skuldige al hul lewens moes inboet, en het ook brandvoorvalle en onwattende skade aan die omgewing veroorsaak. Nulla optrede stel ook die lewens van mense wat naby die pyplyne woon in gevaar en bedreig die sekuriteit van die toevaar van petrolsoprodukte wat van nasionale belang vir Suid-Afrika se ekonomiese en ontwikkelingsdoelwitte is.

Die pyplyn word geklassifiseer as noodsaaklike infrastruktuur. Om daaraan te peuter, of saam te span om daaraan te peuter, is dus 'n Skedule 5-oortreding ingevolge die Wysigingswetsontwerp op Strafregtelike Aangalenthede, Wet 18 van 2015. Transnet, in samewerking met gespesialiseerde wetstoepassingsagentskappe, laat geen steen onaangeroer om toe te sien dat elkeen wat by hierdie diefstalvoorvalle betrokke is, met die volle krag van die wet te doen kry sit. Dit het reeds verskeie inhegtenisnemings suksesvol gedoen en op voertuie bedag gelê as deel van ons geïntegreerde pogings om misdaad te voorkom. Die oortreders kan tronkstraf van minstens 15 jaar opgelê word.

Buiten die verskeie sekuriteitsmaatreëls wat in plek is, doen ons ook 'n beroep op u, die mense wat in die nabyheid van die pyplyn woon, werk of reis om enige verdagte kriminele aktiwiteite te rapporteer. Help ons om alle gemeenskappe langs die pyplyn te beskerm en 'n ilens te bevallig wat onontbeerlik vir ons land se ekonomie is.

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