

<p></p> <p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;"></p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;"> <p class="MsoNormal" style="text-align: justify;"><strong style="mso-bidi-font-weight: normal;">ZIUA MONDIALA A SANATATII - 7 APRILIE 2013</p> <p class="MsoNormal" style="text-align: justify;"><strong style="mso-bidi-font-weight: normal;">◆ VERIFICA◆TI TENSIUNEA ARTERIALA ◆</p> <p class="MsoNormal" style="text-align: justify;"><strong style="mso-bidi-font-weight: normal;">◆ ELIMINA◆TI RISCUL DE INFARCT DE MIOCARD SI ACCIDENT VASCULAR CEREBRAL ◆<strong style="mso-bidi-font-weight: normal;"></p> <p class="MsoNormal" style="text-align: justify;"> </p> <p class="MsoNormal" style="text-align: justify;">Ce este presiunea sanguin? crescute? ?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l3 level1 lfo1; tab-stops: list 36.0pt;">◆ O valoare ◆registrar? a presiunii sanguine mai mare de 130/80mmHg este considerat? a fi crescut?. Deseori hipertensiunae arterial? este o afec?iune asimptomatic?-frecvent cunoscut? sub numele de "uciga? t?cut"?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l3 level1 lfo1; tab-stops: list 36.0pt;">◆ M?sur?tori ale presiunii sanguine indic? c◆ de puternic s◆gele exercit? presiune asupra pere?ilor arteriali, pe m?sur? ce este pompat de inim? ◆ organism.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l3 level1 lfo1; tab-stops: list 36.0pt;">◆ M?sur?tori ale presiunii sanguine indic? c◆ de puternic s◆gele exercit? presiune asupra pere?ilor arteriali, pe m?sur? ce este pompat de inim? ◆ organism.</p>

14.0pt; line-height: 115%; font-family: "Arial";"sans-serif";
mso-fareast-font-family: Arial;">◆<span style="font: 7.0pt
"Times New Roman";;"> <span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman";"serif";
mso-ansi-language: RO;" lang="RO">Presiunea sanguin? se m?soar? ◆ milimetri mercur
(mmHg) ?i este ◆registrar? sub forma a dou? valori,
sistolic? ?i diastolic?:</p> <p class="MsoNormal" style="margin-left: 72.0pt; text-align:
justify; text-indent: -18.0pt; mso-list: l3 level2 lfo1; tab-stops: list 72.0pt;"><span style="font-size:
14.0pt; line-height: 115%; font-family: "Arial";"sans-serif";
mso-fareast-font-family: Arial;">◆<span style="font: 7.0pt
"Times New Roman";;"> <span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman";"serif";
mso-ansi-language: RO;" lang="RO"> sistolic? se
refer? la presiunea s◆gelui atunci c◆d inima bate
pentru a pompa s◆gele ◆organsim,</p> <p class="MsoNormal" style="margin-left:
72.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l3 level2 lfo1; tab-stops: list
72.0pt;"><span style="font-size: 14.0pt; line-height: 115%; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial;"><span
style="mso-list: ignore;">◆
<span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman";"serif"; mso-ansi-language: RO;"
lang="RO">d<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times
New Roman";"serif"; mso-ansi-language: VI;" lang="VI">iastolic? se refer? la
presiunea s◆gelui atunci c◆d inima <span style="font-size: 14.0pt; line-height: 115%;
font-family: "Times New Roman";"serif"; mso-ansi-language: RO;"
lang="RO">este ◆ repaus ◆tre contrac?ii-b?t?i <span style="font-size: 14.0pt;
line-height: 115%; font-family: "Times New Roman";"serif";
mso-ansi-language: EN-GB;" lang="EN-GB">. </p> <p class="MsoNormal"
style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l3 level1 lfo1;
tab-stops: list 36.0pt;"><span style="font-size: 14.0pt; line-height: 115%; font-family:
"Arial";"sans-serif"; mso-fareast-font-family: Arial;"><span
style="mso-list: ignore;">◆
<span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman";"serif"; mso-ansi-language: VI;" lang="VI">Exist?
numero?i factori care <span style="font-size: 14.0pt; line-height: 115%; font-family:
"Times New Roman";"serif"; mso-ansi-language: RO;"
lang="RO">influen?eaz? presiunea sanguin? la persoanele cu o stare bun? de s?n?tate cum ar
<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New
Roman";"serif"; mso-ansi-language: VI;" lang="VI">fi<span style="font-size: 14.0pt; line-height:
115%; font-family: "Times New
Roman";"serif";" lang="VI"> <span style="font-size: 14.0pt; line-height:
115%; font-family: "Times New Roman";"serif"; mso-ansi-language: RO;"
lang="RO">d<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times
New Roman";"serif"; mso-ansi-language: VI;" lang="VI">ebitul cardiac, volumul
sanguin total<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times
New Roman";"serif"; mso-ansi-language: RO;" lang="RO"> complian?a

?i elasticitatea vaselor

sanguine.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Date cheie despre presiunea sanguin? crescut?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l2 level1 lfo2; tab-stops: list 36.0pt;">◆Afecteaza unul din trei adul?i din toat? lumea</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l2 level1 lfo2; tab-stops: list 36.0pt;">◆Afecteaz? mai mult b?rba?ii dec◆ femeile</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l2 level1 lfo2; tab-stops: list 36.0pt;">◆Afecteaz? popula?iile mai s?race mai mult</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l2 level1 lfo2; tab-stops: list 36.0pt;">◆Implicat?◆ 13% din decesele la nivel mondial</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l5 level1 lfo3; tab-stops: list 36.0pt;">◆La varste tinere, hipertensiunea arterial? este mai raspandita la barbati comparativ cu femeile, ?i la v◆stele mai mari , este mult mai r?sp◆dit? ◆

r dul femeilor comparativ cu b rba ii

Expunerea mai mare a b rba ilor la factorii de risc provine din: tutun  i consumul nociv de alcool; utilizarea mai redus  de servicii preventive de s n tate, precum  i leg turile sociale

slabe cu femeile - cu toate acestea femeile sunt din ce  n ce  n ce mai expuse la astfel de factori.

Cei mai s raci oameni din  rile cu venituri

mici  i medii sunt

 i

mai afecta

 i

La nivel de gospod rie,

sunt emergente

suficiente

evidente

pentru a dovedi c 

bolile netransmisibile contribuie la s r cie din cauza cheltuielilor de s n tate catastrofale  i

a cheltuielilor

style="mso-spacerun: yes;"> personale mari.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">De ce presiunea sanguin? crescut? reprezint? o ♦grijorare pentru s?n?tatea public?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">♦ Presiunea sanguin? crescut? lezeaz? arterele ?i inima cresc♦d probabilitatea de atac de cord, accident vascular cerebral ?i boli de rinichi</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">♦ Presiunea sanguin? crescut? poate conduce la hipertensiune arterial?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">♦ Hipertensiunea arterial? este diagnosticat? dac? citirile ♦ ocazii diferite, ♦ mod constant indic? valori ale tensiunii arteriale mai mari sau egale cu 140/90mmHg </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">♦ Hipertensiune arterial? este identificat? ♦n Politica de <span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New

Roman", " serif"; mso-ansi-language: RO;" lang="RO">S?n?tate OMS 2020 cafiind la nivel mondial boalaprevenibil?cea maiprevalent?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">◆Cauzeaz?7500000 de decese in fiecare an, sau 13% din totalul deceselor, la nivel global.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">◆Raportul Mondial aI S?n?t???ii 2002estimeaz? c? peste 50%

dintre bolil e coronariene ?i aproape 75% d

intre

accident

ele

vascular

e

cerebral

e

??rile dezvoltate se datoreaz? nivelului tensiunii arteriale sistolice peste minim? teoretic? (115mmHg).

<p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">

Prevalen?a hipertensiunii arteriale cre?te

la

toate grupele de v?st? toate regiunile.

</p>

<p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">

Se prognozeaz? c?

>29,2%

dintre adul?i vor avea hipertensiune arteriala p? 2025 (29,0% dintre b?rba?i ?i 29,5% dintre femei, respectiv).</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">B?rba?ii sunt mai afecta?i dec? femeile </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">(29.0% dintre b?rba?i ?i 29.5% dintre femei respectiv au hipertensiune arterial?). </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;">La nivel global, prevalen?a total?a presiune sanguine crescute la adul?i cu v?sta de 25 ani ?i peste a fost de aproximativ 40% 2008. Graficul prezinta varia?ia mare prevalen?a tensiunii arteriale crescute la adul?i, Regiunea European?, cu un num?r mare de ??ri peste media global? de 40%</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l4 level1 lfo4; tab-stops: list 36.0pt;"><span style="font-size: 14.0pt; line-height: 115%; font-family: "Arial";" sans-serif";

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style="font-size: 14.0pt; line-height: 115%; font-family: "Times New Roman";" serif"; mso-ansi-language: VI;" lang="VI">parte a societ??ii clasificat? ca hipertensiv?. Acest lucru arat? importan?a ca indivizii s? fie con?tien?i de tensiunea lor arterial? ?i s? ia m?suri pentru reducereaei, chiar dac? nu sunt hipertensivi.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Factorii de risc pentru presiunea sanguin? crescut?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;">◆Die<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New Roman";" serif"; mso-ansi-language: RO;"

lang="RO">ta bogat? n grasimi saturate</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;"> Consumul excesiv de sare </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;"> Stil de via?? sedentar ?i lipsa de exerci?iu fizic </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;"> Consumul excesiv de alcool </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;"> Fumatul </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;"> <span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New Roman";" serif";

mso-ansi-language: RO;" lang="RO">Stressul negestionat </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;">◆Antecedente familiale de tensiune arterial? crescute? </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;">◆V◆st? peste 65 de ani </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l0 level1 lfo5; tab-stops: list 36.0pt;">◆Co-morbidit??i, cum ar fi diabetul zaharat</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Gestionarea presiunii sanguine crescute se poate face prin:</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Diet? s?n?toas?</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆<span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New Roman";"serif"; mso-ansi-language: RO;"

lang="RO">Reducerea consumului de sare </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Exerci?ii fizice ◆ mod regulat </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Renun?area la fumat </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Reducerea consumului de alcool </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Reducerea consumului de alcool </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Controale periodice ale tensiunii arteriale </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆O dieta sanatoasa presupune reducerea consumului de sare la mai pu?in de 5g/persoan?/zi, ◆locuirea gr?simeilor trans cu gr?sime polinesaturate din alimentele procesate, ?i reducerea consumului de gr?sime.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l6 level1 lfo6; tab-stops: list 36.0pt;">◆Ar trebui s? <span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New

Roman", " serif"; mso-ansi-language: RO;" lang="RO">existe o politic? public? de s?n?tate cu scopul de a cre?te identificarea ?i tratamentul pacien?ilor cu risc ridicate de cre?tere a presiunii sanguine.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">R?spunsul OMS</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l8 level1 lfo7; tab-stops: list 36.0pt;">◆ Politica de S?n?tate OMS 2020 a identificat presiunea sanguin? crescut? ca o contribu?ie major? la boli ?i hipertensiunea arterial? ca fiind la nivel mondial boala prevenibil? cea mai prevalent?.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l8 level1 lfo7; tab-stops: list 36.0pt;">◆ <span style="font-size: 14.0pt; line-height: 115%; font-family: "Times New Roman", " serif"; mso-ansi-language: RO;"

lang="RO">Presiunea sanguin? crescut?a fost aleas? ca tema Zilei Mondiale a S?n?t???ii 2013, cu un accent special pe reducerea aportului de sare din diet?.</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;"></p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Interven?iile prioritare ale Planului de ac?iune privind bolile netransmisibile pentru 2012-2016 au inclus:</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l1 level1 lfo8; tab-stops: list 36.0pt;">◆promovarea dietei sanatoase prin marketing ?i m?suri fiscale</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l1 level1 lfo8; tab-stops: list 36.0pt;">◆eliminarea gr?similar <span style="font-size: 14.0pt; line-height: 115%; font-family:

"Times New Roman";"serif"; mso-ansi-language: EN-GB;" lang="EN-GB">trans </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l1 level1 lfo8; tab-stops: list 36.0pt;">◆ reducerea consumului de sare </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l1 level1 lfo8; tab-stops: list 36.0pt;">◆ evaluarea reducerii riscului cardio ◆metabolic ?i gestionarea promov?rii activit??ii fizice ?i mobilit??ii </p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Interven?ii cheie</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l7 level1 lfo9; tab-stops: list 36.0pt;">◆ ◆curajarea controalelor periodice ale tensiunii arteriale</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l7 level1 lfo9; tab-stops: list 36.0pt;">◆ ◆curajarea pacien?ilor s? fie con?tien?i de riscurile lor individuale</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;

text-indent: -18.0pt; mso-list: l7 level1 lfo9; tab-stops: list 36.0pt;">◆ Stabilireaunor instrumente eficiente pentru identificare timpurie, gestionare ?i control</p>
<p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l7 level1 lfo9; tab-stops: list 36.0pt;">◆ Promovarea activit??ii fizice, ◆bun?t???irea dietei, reducereaconsumului de sare</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify; text-indent: -18.0pt; mso-list: l7 level1 lfo9; tab-stops: list 36.0pt;">◆ Furnizarea de medicamenteantihipertensive la costuri sc?zute</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">Stabilirea de ?intede reducere la nivel popula?ional a tensiunii arteriale medii</p> <p class="MsoNormal" style="margin-left: 36.0pt; text-align: justify;">◆ tarile cu venituri mari, diagnosticul ?i tratamentul pe scar? larg? cu

medicamente cu cost sc?zut au redus ♦ mod semnificativ tensiunea arterial? medie intreaga populatie - ?i acest lucru a contribuit la o reducere a deceselor cauzate de boli de inima. Cu popula?ii con?tiente de m?surarea tensiunii arteriale ?i m?surile care o pot reduce, se pot faceprogrese semnificative la un cost sc?zut pentru a reduce tensiunea arterial? la nivelul integii populatii.</p> <p class="MsoNormal" style="margin-left: 36.0pt;">♦</p> <p class="MsoNormal">♦</p> <p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Probleme</p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Presiunea sanguin? crescute? (de asemenea, cunoscut? sub numele de presiune sanguin? ridicte? sau hipertensiune arterial?), poate duce la atac de cord, accident vascular cerebral si alte probleme grave de sanatate.

 Aceasta afecteaza unul din trei adulti ?i conduce la mai mult de nou? milioane de decese ♦ ♦treaga lume ♦ fiecare an.

 Presiunea arterial? crescute? poate provoca, de asemenea, insuficienta renala, orbire, ruptur? a vaselor sanguine si afectare cerebral?.

 Mul?<span style="font-size: 12.0pt; mso-bidi-font-size: 11.0pt; font-family: "Times New

Roman";"serif"; mso-fareast-font-family: "Times New Roman";" lang="RO">i oamenii nu ?tiu c? au hipertensiune arterial?, deoarece nu este totdeauna simptomatic?<br style="mso-special-character: line-break;" /> <br style="mso-special-character: line-break;" /> </p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Chiar dac? este u?or de diagnosticat ?i de tratat, mul?i oamenii nu au acces la servicii de s?n?tate de baz?, ♦ special ♦ ??rile cu venituri mici ?i medii.</p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Solu?ii</p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Presiunea sanguin? crecut? poate fi ata♦ prevenit? c♦ ?i tratat?..

 Controlul presiunii sanguine crescute ♦preun? cu al?i factori de ris este principala cale de a preveni infarctul de miocard si accident vascular

cerebral.

 Detectarea precoce este cheia; to?i adul?ii ar trebui s? ♦i cunoasc? presiunea arterial?.</p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal; mso-outline-level: 3;">Riscul de a dezvolta presiune sanguin? crescut? poate fi minimizat prin: reducerea consumului de sare;o dieta echilibrata, evitarea consumului nociv de alcool; exercitii fizice efectuate ♦ mod regulat, evitarea consumului de tutun.</p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal;">Pentru mul?i oameni, schimbarea stilului de via?? este suficient pentru a controla presiunea sanguin?. Pentru al?ii, este necesar? medica?ia. Exist? medicamente cu cost sc?zut , care sunt eficient atunci c♦d luate a?a cum au fost prescrise.. </p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal;">
 Este esen?ial ca detectarea <span style="font-size:

12.0pt; font-family: "Cambria Math";" serif"; mso-fareast-font-family: "Times New Roman";" lang="RO">?i controlul presiune sanguine crescute (masur?torile, sfaturile medicale ?i tratamentul), s? fie cuplate cu reducerea simultan? a celorlal?i factori de risc (cum ar fi diabetul zaharat si consumul de tutun) ce cauzeaza infarct de miocard si accident vascular cerebral. </p> <p class="MsoNormal" style="mso-margin-top-alt: auto; mso-margin-bottom-alt: auto; line-height: normal;">Acestea ar trebui s? fie elementele de baz? ale asisten?ei medicale primare ♦ toate ??rile, ?i integrant? a eforturilor de a reduce povara tot mai mare a bolilor netransmisibile.
 Societatea civil? are un rol important de jucat in a ajuta pentru solu?iona problematica presiunii sanguine crescute.
 Industria pot contribui la solutie, de exemplu, prin reducerea con?inutului de sare din produsele alimentare prelucrate ?i de a face mijloacele esen?iale de diagnostic ?i medicamentele mai accesibile.</p> </p>