



BLOOD PRESSURE CAMPAIGN – INTRO-VERSION

ICON HEALTH SYSTEM (IHS®)



REGISTERED IN MARCH 2015 AND STARTED IN GHANA

PURPOSE: GLOBAL HEALTH PROMOTION AND DISEASE PREVENTION

MULTI-DISCIPLINARY TEAM – CURRENTLY IN 15 COUNTRIES ACROSS THE GLOBE

MEMBERSHIP: OPEN TO ALL

THE PROBLEM OF THE DAY

EPIDEMIOLOGICAL TRANSITION: NCDs ON THE RISE IN KENYA

DEFINING BLOOD PRESSURE

THE PROBLEM OF HEART CONDITIONS

ORGAN DAMAGES

THE ICON SOLUTION – HOLISTIC APPROACH

BLOOD PRESSURE

In simple terms, Blood Pressure (BP) refers to:

The force with which blood flows through its major vessels in the body



BLOOD PRESSURE CHART

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm HG (lower number)
Low Blood Pressure (Hypotension)	less than 90	and	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120 to 139	and	80 to 89
High Blood Pressure (Hypertension Stage 1)	140 to 159	and	90 to 99
High Blood Pressure (Hypertension Stage 2)	160 or higher	and	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	and	110 or higher

THE PROBLEM

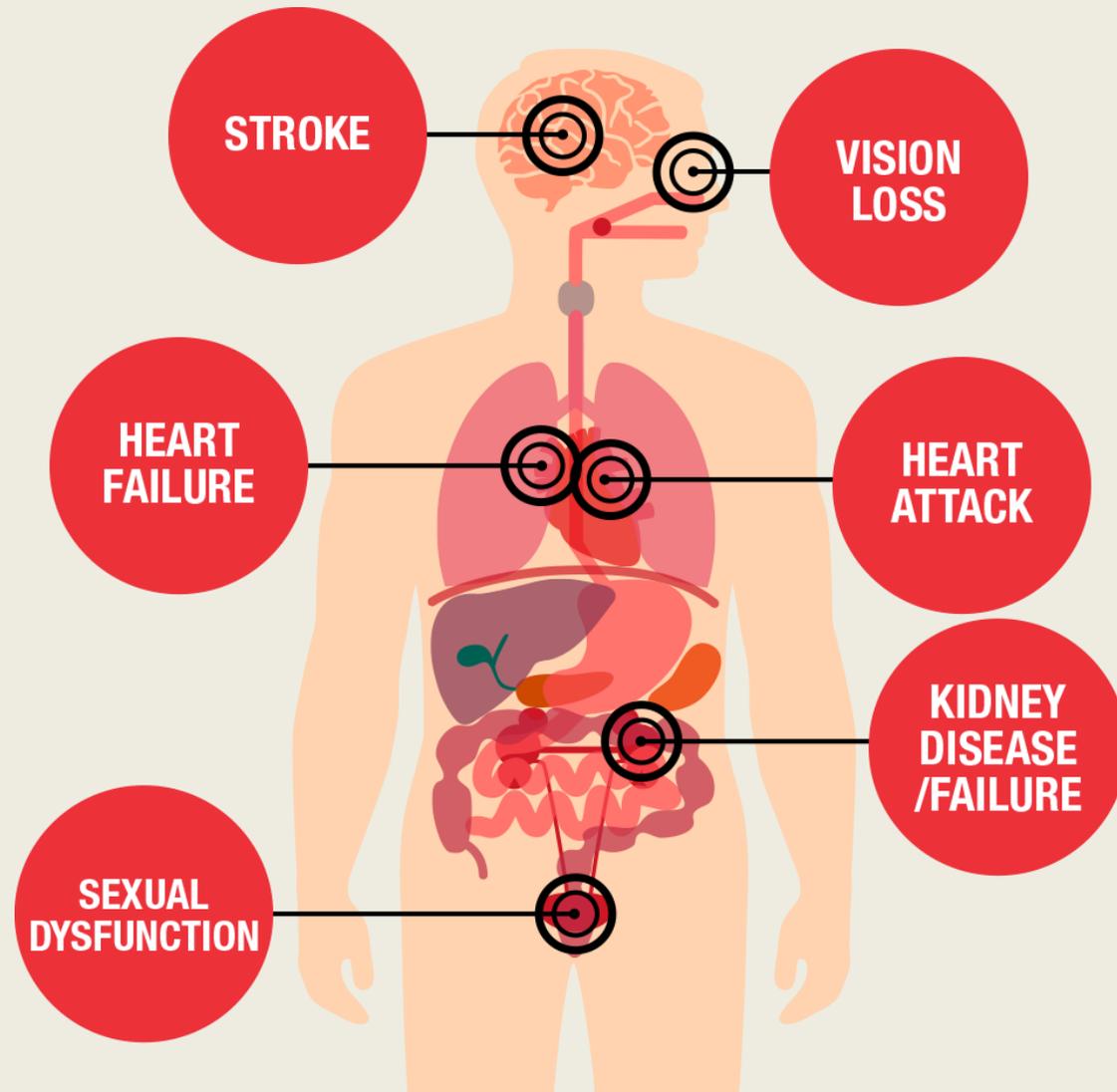
- More than 46% of people with high BP do not even know they have this condition (WHO, 2021)
- More
- High BP is a major cause of premature death worldwide (WHO, 2021)
- High BP is the most common cause of heart disease, stroke and renal failure (Akram et al, 2022)
- Children and young adults are also at risk of high BP and its complications

- The optimum pressure necessary for healthy functioning of the body is 120/80 mmHg
- BP of less than 90/60 mmHg is too low and more than 130/90 mmHg is high: both readings are not healthy for you.
- High BP and low BP has caused many people to suffer stroke, heart attack and untimely death
- Blood pressure is a condition you can do something about
- You don't have to let it take you down unaware as it is doing to millions of people across the globe

HIGH BLOOD PRESSURE

- Just last year 2022, we screened over 10,000 people for blood pressure, glucose, BMI, heart pulse rate and physical examination in Ghana
- Out the 10,000 people we screened, about 35% of them were having very high BPs and 60% of these people did not know they had high BP, and 15% of them have very low BP
- Only about 40% of these people were aware that their blood pressure was on the rise, none of those with very low BP knew about their condition
- Young people below 30 years formed about 33% of those with high BP
- Teenagers were also identified to fall within danger zones of high BP with about 10 of them in BP crisis zone of more than 160/100 mmHg

Damages from high BP (American Heart Association, www.heart.org,
2022)



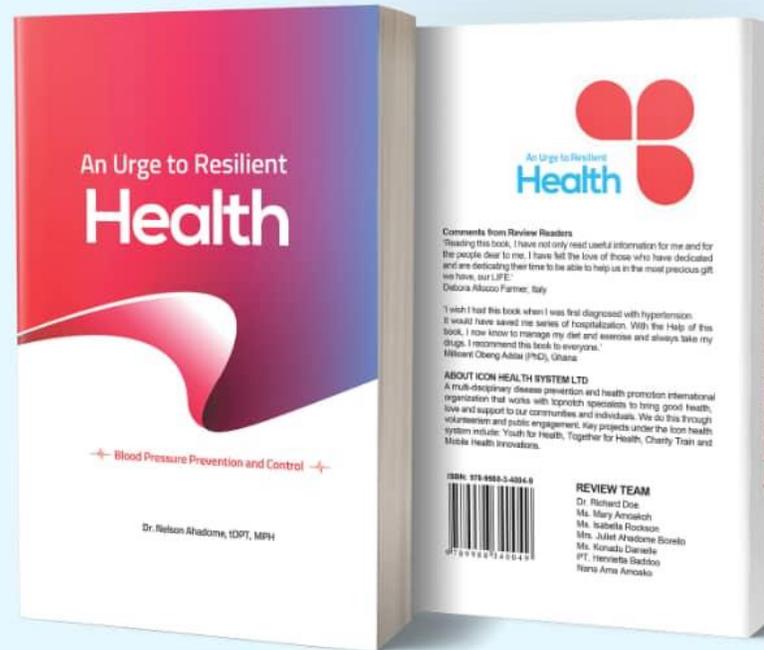
- About 15% of people screened have BP ranges that put them immediately at risk of stroke, kidney damage or other BP crisis
- Some had values as high as 220/150 mmHg
- Not being aware of your blood pressure is dangerous because BP is a silent killer
- You wouldn't know when there is danger until you check regularly
- Management of blood pressure, diabetes, cholesterol go beyond just visiting the hospital for medications
- We will like to introduce and encourage a holistic approach to achieving a healthy heart and mind in a healthy body

SOLUTION- HOLISTIC APPROACH TO PREVENTION AND CONTROL



DRINK WATER, DRINK WATER OFTEN





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email: iconhealthsystem@gmail.com

Icon Health Physiotherapy and Homecare Clinic

Location: Taifa Junction after Neverland Villas, Taifa Ghana

HEALTH OUTREACHES AND SCREENING

BHTV

6TH FEBRUARY
10 AM

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PUBLIC HEALTH SPECIALIST, ICON HEALTH SYSTEMS

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HEALTH MATTERS
W'APOMUDEN HO HIA!

WITH
ABINA BRONI

TOPIC
INTRODUCTION TO SYSTEMIC (FAMILY) PSYCHOTHERAPY

[f](#) [@](#) [t](#) [v](#) [d](#) [y](#) @BHTVGHANA



THE SOLUTION TO PREVENTION CONTROL OF BLOOD PRESSURE

- Drinking water often helps to regulate blood pressure
- Exercising regularly will build our system and help to keep high BP away
- Proper dieting and getting the required amount of nutrient will also ensure the proper growth of our body tissues and enable us to fight off BP complications
- Taking good care of our mental and physical health and noticing symptoms early enough
- Stress reduction through improved stress management
- Read the full book on Resilient health so you can know how to keep your family and friends safe in these difficult times and beyond

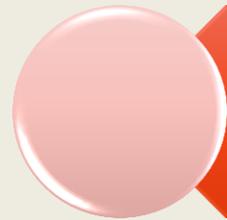
DISEASE BURDEN

Late diagnosis could cause disability or even death

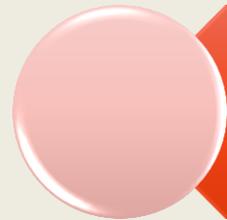
Expensive and prolong treatments

Dependency, Poverty, Frustration Intensifies

IHS® INTERVENTION PACKAGES



Book, Local Dialect Audio, Monitoring Log Book

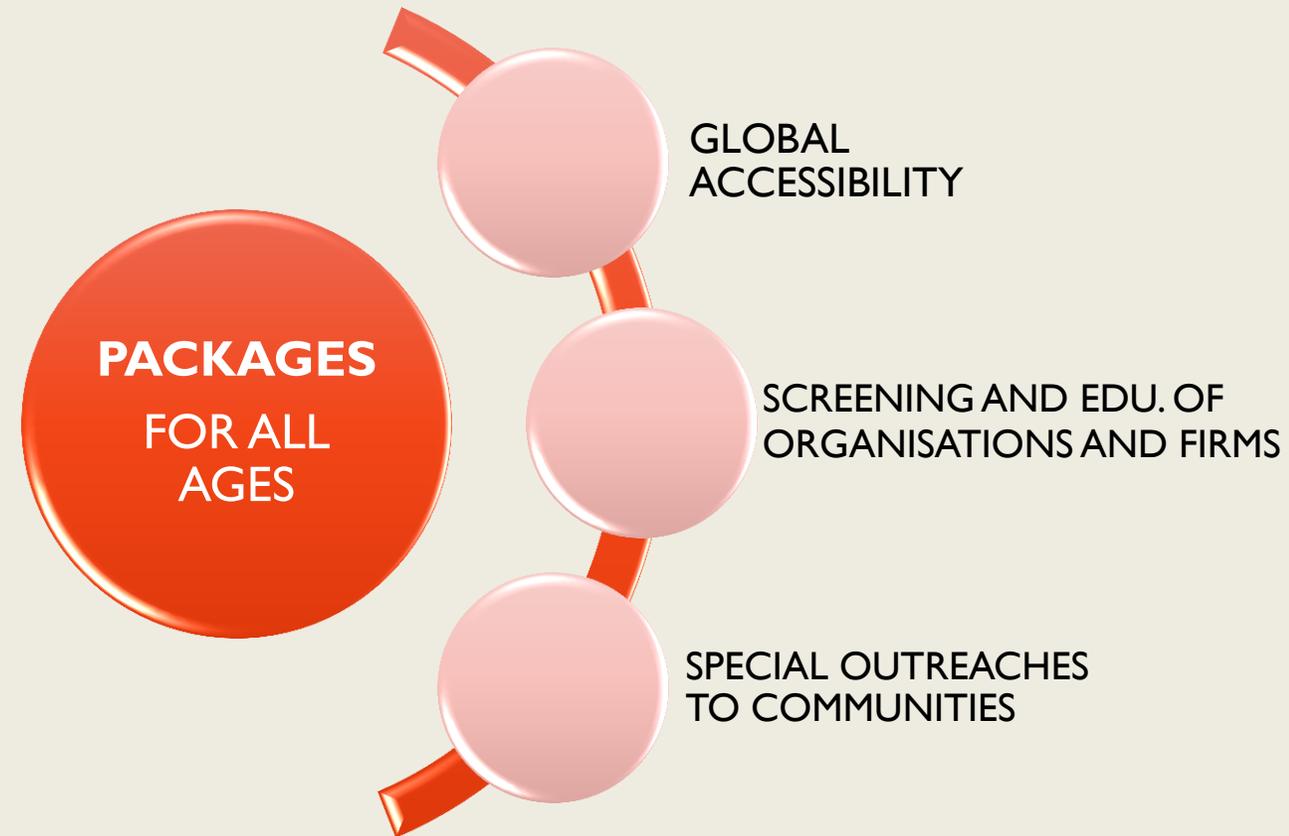


'ICON HEALTH CLINIC – focused on holistic approach



Health Outreach, Workshop and Partnership Programs

TARGET MARKET FOR RESILIENT HEALTH

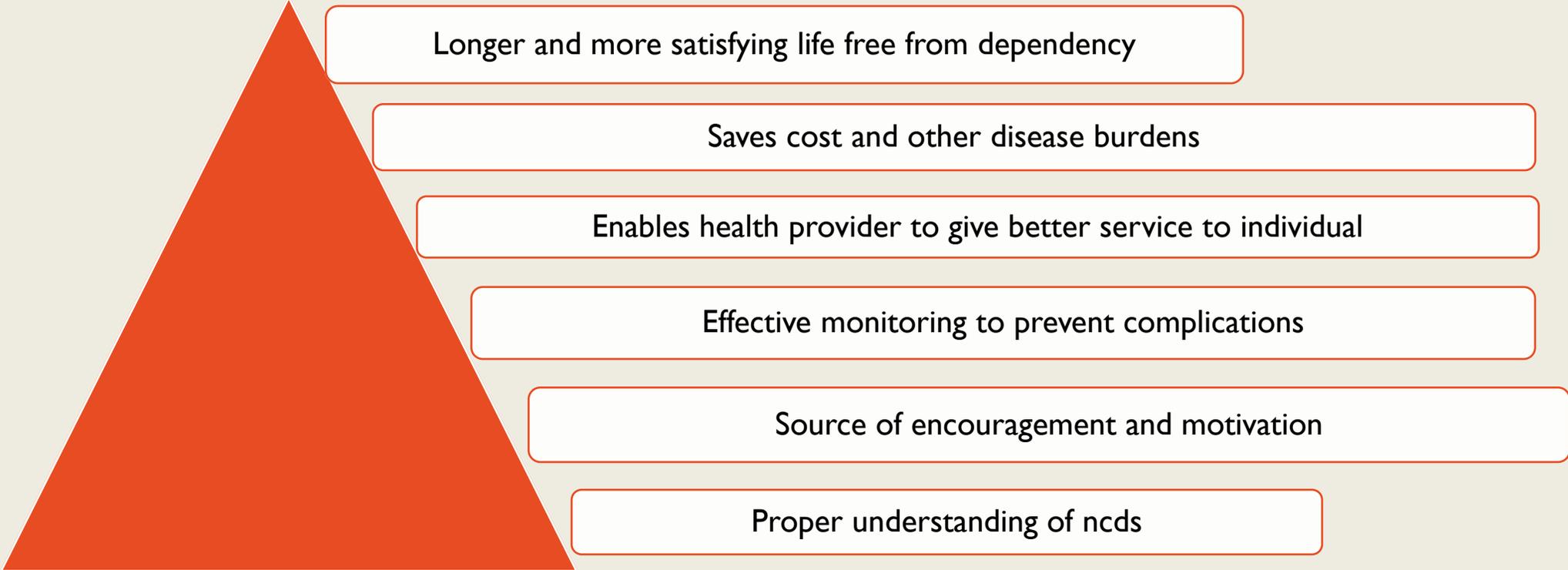


IMPACT OF INTERVENTIONS

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BENEFIT TO INDIVIDUALS



Longer and more satisfying life free from dependency

Saves cost and other disease burdens

Enables health provider to give better service to individual

Effective monitoring to prevent complications

Source of encouragement and motivation

Proper understanding of ncids

WE SERVE IN EVERYWAY



PARTNERING BODIES



OMRON



ICON HEALTH
PHYSIO & HOMECARE
CLINIC



Liteblue
Events



OMRON
GOING FOR **ZERO**



BLOOD PRESSURE MONITORS

M1 M2 Basic M2

M3 Comfort M4 Intelli IT M6 Comfort

M7 Intelli IT RS2

NEBULIZERS

CompA LR™ Pro NEBULIZER NE-C801-KDE

C101 Essential

TEMPERATURE MEASUREMENT

Eco Temp Basic Digital Thermometer

Gentle Temp 720 Forehead Thermometer

WEIGHT MANAGEMENT

HN209 BFB11 Body Fat Monitor

For detailed information on our products and health tips, please call the Hotline: 057 277 8126 or visit our website: www.omron-healthcare.com




Water low in sodium is the best for ensuring a healthy Blood Pressure. Verna water has the low sodium content, making it healthy for prevention and control of blood pressure.

Our main services:

- Physiotherapy
- Pain management (spo)
- Stroke rehabilitation
- Exercise therapy (weight loss, fitness and post op)
- Massage therapy (relaxation and fitness packages)
- Paediatric therapy (cerebral palsy, clubfoot, developmental challenges)
- Dietherapy and active vital monitoring
- Osteopathy, Ayurvedic and Chinese medicine



**ICON HEALTH
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THANK YOU – ASANTE SANA



