




THE YEARLY HYPERTENSION PROGRAM

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The yearly hypertension program program is a structured plan aimed at helping individuals with high blood pressure (hypertension) effectively manage their condition and reduce their risk of complications throughout the year. This program includes regular blood pressure monitoring, lifestyle modifications, medication management, regular check-ups, and education on hypertension self-care.

The Key components of the yearly hypertension program include:

REGULAR BLOOD PRESSURE MONITORING:

Individuals with hypertension should monitor their blood pressure regularly at home using a blood pressure monitor and share the readings with their healthcare provider. This helps them track blood pressure levels over time and make necessary adjustments to medications or lifestyle changes.



LIFESTYLE MODIFICATIONS:



Education and guidance on lifestyle changes to help manage blood pressure, such as adopting a healthy diet rich in fruits, vegetables, whole grains, and lean proteins, maintaining a healthy weight, reducing sodium intake, engaging in regular physical activity, limiting alcohol consumption, and quitting smoking.

MEDICATION MANAGEMENT:

Working with healthcare providers to develop an individualized medication plan for hypertension management, including adjusting dosages, adding or changing medications, or monitoring for potential side effects.



REGULAR CHECK-UPS:

Regular check-ups with the healthcare team to monitor blood pressure levels, assess overall health, review medication effectiveness, and discuss any concerns or questions related to hypertension management.



EDUCATION AND SUPPORT:

Education on hypertension management, including the importance of adherence to medication, lifestyle changes, stress management, and self-care practices.

ANNUAL SCREENINGS AND TESTS:

Regular screenings for complications related to hypertension, such as kidney function tests, cholesterol levels, blood sugar monitoring, and eye exams, to detect and manage any potential issues early.



By participating in a yearly hypertension program, individuals with high blood pressure can proactively manage their condition, reduce their risk of complications, and improve their overall health.

HYPERTENSION YEARLY PROGRAM

Visit 1	Visit 2	Visit 3	Visit 4	Visit 5	Visit 6	Visit 7	Visit 8	Visit 9	Visit 10	Visit 11	Visit 12
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CONSULTATIONS

FAMILY PHYSICIAN CONSULTATION	X	X	X	X	X	X	X	X	X	X	X	X
NEPHROLOGY CONSULTATION	X					X						
CARDIOLOGY	X					X						

LABORATORY

BLOOD PROFILE (CBC)	CBC, Platelets	X					X					
ELECTROLYTS	Na, K, Ca, Cl	X		X			X			X		
RENAL PROFILE	BUN, Cr, uric acid, urinalysis, microalbumin, urine creatinine	X		X			X			X		
CARDIAC PROFILE	CPK, LDH	X					X					
LIPID PROFILE	Cholesterol, TG, LDL, HDL	X										
BLOOD SUGAR	FBS, HbA1c	X					X					

IMAGING

CHEST X-RAY (AP & LATERAL)	X											
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PROCEDURES

EKG	X						X					
STRESS TEST	X						X					


Program
developed by



Program delivered
in Lebanon by




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