

# **MMM17 Report from Malaysia**

## **Number of Blood Pressures Taken: 4147**

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Story :

“Know Your Numbers” was the theme for World Hypertension Day 2017. The Malaysian Society of Hypertension (MSH) in collaboration with the Department of Primary Care Medicine, University Malaya Medical Centre (UMMC), Kuala Lumpur) and 63 health care facilities nationwide celebrated World Hypertension Day 2017 by organising nationwide exhibitions, screening and awareness programmes for Hypertension and Stroke from 1<sup>st</sup> April to 31<sup>st</sup> May 2017. These campaigns were carried out in 63 different hospitals, health clinic, general practitioner clinics and at community events from Kedah to Johor, from Selangor to Terengganu and in the East Malaysian states of Sabah and Sarawak.

The prevalence of hypertension in Malaysia is high. Our national survey of 1996 found that amongst adults aged 30 years and older, the prevalence of hypertension was 42.6% with very high unawareness of 64.5%. Because of the high prevalence and high unawareness, we did a simple cost-analysis based on the screening done on WHD 2015 and found that it cost only US\$ 2.70 to identify an individual who was unaware of his elevated blood pressure status. This actually makes it very

cost-effective to screen. Our most recent national survey in 2015, showed a slightly lower prevalence of hypertension of 39.6%.

We screened a total of 4147 individuals aged 18 years and older at all these different sites. At the UMMC, several teams comprising of primary care physicians, dieticians, smoking cessation teams and nurses participated in the screening campaign. Here we screened more than 2000 individuals while another major contributor, the team from Hospital Alor Setar, a city in the north of Peninsular Malaysia, screened about 1000 individuals.

For those found to have elevated blood pressure (BP) a note with information about hypertension and its complications was given to them. They were further advised to consult their family doctors or primary care physicians or do home blood pressure measurements for confirmation of their elevated BP status

At the same time during the screening campaign, we also promoted healthy lifestyle changes including a low salt diet, to increase physical activities and advocated smoking cessation. We also assessed participants' knowledge about stroke and advised them to seek treatment early in the event of a stroke. Very importantly, we advised those with normal BP to have their BP screened every year. Subjects who were aware of their hypertension but who were not controlled, we emphasized the importance of good blood pressure control.

Our primary data are as follows:

The hypertension survey was carried out on all respondents of 18 years old and above by questionnaire and measurement of their blood pressure. A total of 4174 subjects participated in the campaign. 30% (n= 1254/4174) of respondents reported themselves to have hypertension and the remaining 70% (2920/4174) did not know whether they had hypertension or not. Of the 2920 subjects with unknown status of blood pressure, 10.4% (305/2920) of them had blood pressure readings of >140/90mmHg ie undiagnosed hypertension.

Screening for hypertension is very useful as it helps to detect at least another 10% more individuals who did not know they had hypertension.

In conclusion, we hope that with all the efforts of screening, more individuals with undiagnosed hypertension will be identified and will receive the appropriate management to lower their risk of cardiovascular complications.

## World Hypertension Day (WHD) 2017





# WORLD HYPERTENSION DAY

May 2017  
Initiated by the  
World Hypertension League

Know your Blood Pressure

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