

World Hypertension Day was organized at GMC Sukkur on 18th May 2024.

An awareness walk was arranged from Dept of Cardiology (Deewane Mushtaq) GMCH to GMC college gate. In this walk Guests of honor, Vice Chancellor University of Modern Sciences TMK Prof Feroz Memon and renowned Cardiologist from Karachi Prof Khalida Soomro and large number of doctors, paramedical staff and citizen of sukkur participated.

Dr. Tahir Hussain Soomro welcomed the participants.

Prof Rajkumar Sachdewani organizer of this program talked on Hypertension a Silent Killer, that needs to be measured properly and controlled adequately as it may make life a miserable.

Prof. Khalida Soomro highlighted the rising trend of high blood pressure and its consequences in women and detailed its management.

Prof Feroz Memon said that we Cardiologists always emphasize to know your numbers so that you may take proper measures to control properly with the advice of your consultant.

Interestingly Slight high Blood pressure can be easily controlled without taking medicines, means by life style modifications ie: with daily walk, avoiding meat but taking more vegetable and fruits, controlling overeating and avoiding physical and mental stress.

It is very important to keep your blood pressure within normal limits as it may cause stroke, heart attack, eye problems, kidney damage and other peripheral vascular diseases.

Principal GMC Prof Altaf Ahmed Shaikh paid vote of thanks to audience and specially to guest speakers. Principal emphasized to Know your Numbers and control as it is controllable, so live a long and healthy life.

Program ended with Healthy lunch.