

**For immediate release
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Beat high blood pressure with awareness and action

Makati City, Philippines – It's the silent killer. High blood pressure usually has no warning signs but simple steps can cut your risk of devastating health problems, Manulife and the World Heart Federation said on Thursday to mark World Hypertension Day.

Awareness is the start. Hypertension is one of the main risk factors for heart disease and stroke—the world's leading causes of death—but many people do not realize their blood pressure is high.

"See your doctor to get your blood pressure checked," said Dr. David Wood, President of the World Heart Federation. "It's quick and painless but it could save your life because high blood pressure can be treated and prevented—often by making a few changes to your diet, activity levels and unhealthy habits."

Various factors contribute to the risk but high blood pressure does not ignore people based on age, affluence, gender or geography. Globally, about one in four adults has hypertension and it's expected to affect more than 1.5 billion people by 2025, according to The Lancet medical journal.

Here are some ways to lower your blood pressure:

- **Stay active:** Aim for at least 30 minutes of moderate activity five times a week. Walk, dance, swim, do housework or play a sport—they all count.
- **Eat well:** Cut down on salt, sugar, fat, and processed foods. Eat at least five portions (handfuls) of fruit and vegetables every day. If you drink alcohol, reduce your consumption.
- **Stop smoking:** Quitting tobacco is the single best thing you can do to improve your heart health.
- **Control your weight:** Being overweight or obese raises your risk of high blood pressure.

The costs of ignoring hypertension are not just personal. Hospital treatment, medication, and lost work hours all add to the burdens on the economy and society.

In Asia, home to half of the world's population, the prevalence of elevated blood pressure ranges from highs of about 31% in Mongolia, 27% in Nepal, 25% in India, and 24% in Cambodia to lows of 11% in South Korea, 14% in Singapore, 15% in Australia, and 17% in Japan.

In China, more than 19% of adults have elevated blood pressure, with Indonesia at nearly 24%, Vietnam above 23%, the Philippines at nearly 23%, and Thailand above 22%. These rates compare with about 13% in the United States and Canada and about 15% in the United Kingdom.

“Hypertension is a serious issue for millions of people across the markets we serve in Asia,” said Anil Wadhvani, CEO of Manulife Asia. “As a major life insurer, we want to help people live better lives. So we’re delighted to team up with the World Heart Federation and help more people take steps towards a healthier lifestyle.”

Know Your Numbers

Two measurements assess blood pressure—systolic (maximum) and diastolic (minimum)—often expressed as maximum/minimum. Blood pressure categories are:

- **Normal:** Maximum of less than 120 and minimum of less than 80
- **Prehypertension:** Maximum of 120 to 139 or minimum of 80 to 89
- **High:** Maximum of over 140 or minimum of more than 90
- **Emergency:** Maximum of above 180 or minimum of above 110 requires immediate medical attention



Know your numbers

High blood pressure is the number one risk factor for CVD. It's called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realize they have it.

Countries with raised blood pressure highest and lowest absolute figures:

% Highest

Mongolia 31%
Nepal 27%
India 25%
Cambodia 24%
Fiji 24%
Laos 24%

% Lowest

Republic of Korea 11%
Singapore 14%
Australia 15%
New Zealand 16%
Japan 17%

Source: World Health Organization 2016



Know your numbers

Blood pressure is the force or pressure of your blood pushing against the sides of your blood vessels.

Every blood pressure reading consists of two numbers:

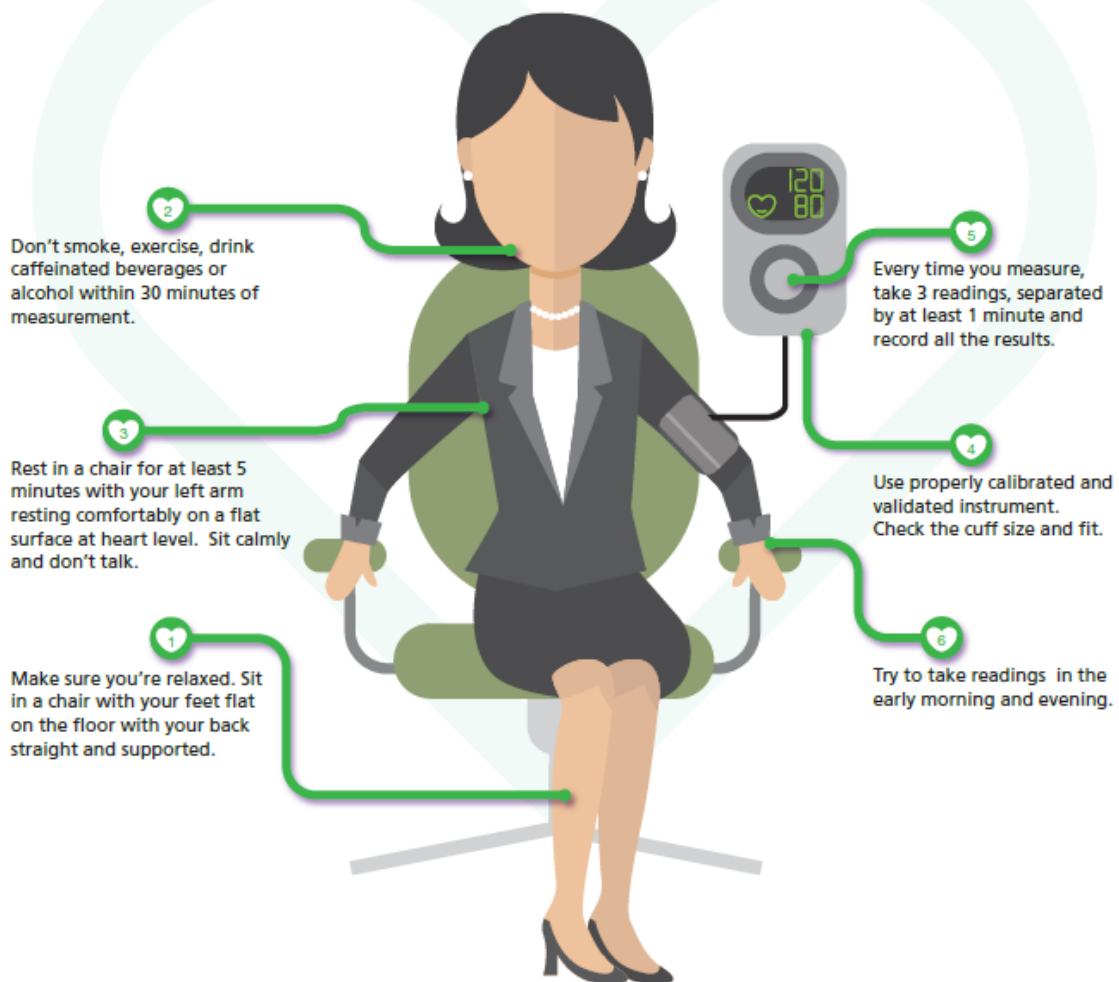
The first (or top) number

is your systolic blood pressure. It is the highest level your blood pressure reaches when your heart beats.

The second (or bottom) number

is your diastolic blood pressure. It is the lowest level your blood pressure reaches when your heart relaxes between beats

Blood Pressure Measurement Instructions



Recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC (mm Hg)		DIASTOLIC (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High	more than 140	and	more than 90



* Wait a few minutes and take blood pressure again. If it's still that high, seek emergency medical care.

Source: The International Society of Hypertension

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About Manulife Philippines

The Manufacturers Life Insurance Company opened its doors for business in the Philippines in 1907. Since then, Manulife's Philippine Branch and later The Manufacturers Life Insurance Co. (Phils.), Inc. (Manulife Philippines) has grown to become one of the leading life insurance companies in the country. Manulife Philippines is a wholly-owned domestic subsidiary of Manulife Financial Corporation, among the world's largest life insurance companies by market capitalization. Learn more about Manulife Philippines by visiting their website www.manulife.com.ph and following them on Facebook (www.facebook.com/ManulifePH), Twitter (@ManulifePH), and Instagram (@manulifePH).

About Manulife

Manulife Financial Corporation is a leading international financial services group that helps people make their decisions easier and lives better. We operate primarily as John Hancock in the United States and Manulife elsewhere. We provide financial advice, insurance, as well as wealth and asset management solutions for individuals, groups and institutions. At the end of 2017, we had about 35,000 employees, 73,000 agents, and thousands of distribution partners, serving more than 26 million customers. As of March 31, 2018, we had over \$1.1 trillion (US\$850 billion) in assets under management and administration, and in the previous 12 months we made \$26.9 billion in payments to our customers. Our principal operations are in Asia, Canada and the United States where we have served customers for more than 100 years. With our global headquarters in Toronto, Canada, we trade as 'MFC' on the Toronto, New York, and the Philippine stock exchanges and under '945' in Hong Kong.

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