

WHAT IS IT?

Title:1a

Text:1b

Picture(cartoon heart):1c



HYPERTENSION

What to know Keep a Healthy Heart Flow

Title:2a



WHY IMPORTANT TO TREAT/PREVENT?

Title:3a

Text:3b

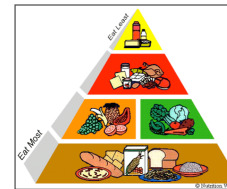
Picture(doctor):3c

WHO IS AT RISK?

Title:2b

Text:2c

Picture(Food Pyramid):2d

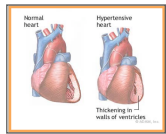


WHAT CAUSES IT?

Title:1d

Text:1e

Picture(human heart):1f

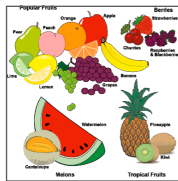


FOODS TO PREVENT

Title:3d

Text:3e

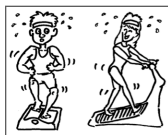
Picture(Fruit):3f



WHAT ARE THE SYMPTOMS?

Title:1g

Text:1h



HOW CAN I PREVENT?

Title:2e

Text:2f

Picture(working out):2g

Picture(no smoking):2h



FOODS TO AVOID OR LIMIT

Title:3g

Text:3h

Picture(unhealthy foods):3i