

Hypertension if controlled in initial stages can be managed lifelong

IONEER NEWS SERVICE ■ KANPUR

May 17 is World Hypertension Day and the day focused on this silent killer. The objective of the day was to apprise the people how to escape this and keep it under control. This year the theme was "Know your number with goal increasing HBP awareness in all population around the world". Hypertension was a condition called high blood pressure during which the arterial blood pressure raised to high level from the normal level (120/80 mmHg) and it was a medical condition called as silent killer as it did not show any clear symptoms however severe hypertension showed some symptoms of headaches, sleepiness, palpitation, blurred vision, fatigue, dizziness, confusion, ringing sensation in the ears, breathing difficulty, irregular heartbeat which may lead to even coma. This was stated by Dr. Ameen Katiyar while talking to presspersons on World Hypertension Day on Thursday. He said hypertension if controlled in the initial stages can be successfully managed lifelong and prevented the health problems arising. He said there were three types of hypertension primary hypertension, secondary hypertension, and resistant hypertension. He said to determine which type you had, the doctor needed to find out whether a cause can be identified and whether standard treatments were able to control it. He said in most cases, the cause of hypertension was unknown. This was called primary or essential hypertension which increased slowly over many years. He said the uncontrollable risk factors were age the older one

grew, the higher the risk of hypertension. He said hypertension ran in families especially if mother or father had hypertension the risk for hypertension was increased.

Dr. Katiyar said risk factors like diet consuming a high-sodium, high-salt diet increased your hypertension risk and thus following a low-sodium, heart-healthy diet full of vegetables and fruits lowered risk of hypertension. He said one must reduce sodium from ones diet. He said lack of exercise increased risk of hypertension and added that inactive people had higher heart rates, which made heart work harder and increase blood pressure. He said more physical activity helped lower risk. He said being overweight or obese as the more the weight, the more blood body had to pump around. He said this placed more strain on the blood vessels throughout the body, which increased risk of hypertension. He said losing weight helped control blood pressure. He said similarly smoking increased risk of hypertension. He said same was the case with drinking alcohol which increased risk. He said in

some cases an underlying cause of hypertension can be identified, and this type of hypertension was called secondary hypertension and usually occurred as a more sudden increase in blood pressure. He said in this type of hypertension, if one can correct the problem that was causing hypertension, blood pressure will return to normal. Dr. Katiyar said a less common example of a condition causing secondary hypertension was an adrenal gland tumor which sat on top of the kidneys and produced several hormones, including adrenaline and these hormones were involved in the body's normal stress response. He said secondary hypertension can also be caused by a condition called primary aldosteronism, which makes the adrenal glands produce too

much of the hormone aldosterone. He said objective of this day was to motivate the common public for regular check-up of their blood pressure at least once a year and to encourage the people having hypertension on global basis to go to their health practitioner for regular checkup and proper treatment. He also said people need to maintain their normal weight cholesterol level, normal blood pressure, and etc.

KHANDELWAL EXTRACTIONS LIMITED
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 Website: www.khandelwalextractions.com
 Notice available at: www.bseindia.com
NOTICE OF BOARD MEETING
 Notice is hereby given that a meeting of the Board of Directors of the Company is scheduled to be held on Saturday, 26th May, 2018 at its registered office inter-alia, to consider and approve the Audited financial results of the Company for the quarter and year ended 31st March, 2018.
 Khandelwal Extractions Limited
 Place: Kanpur Surabhi Pasari
 Date: 16th May, 2018 (Company Secretary)

NORTHERN RAILWAY
Corrigendum of
Principal Chief Material Manager/Northern Railway
 No. 117/S/Auction Programme/Sale/2018-19 Date 17.05.2018
 The Auction Programme of this railway for the month of May 2018 has been amended as under:-
 The e-auction scheduled for 22.05.2018 at Dy. CMM/JUDW is hereby cancelled.
 All other auction dates advised earlier will remain same. For further details regarding e-auction please visit Railway website www.ireps.gov.in 1465/18
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 No.:- W-1-22/MPTA/Plg/Zonal GM/Gwalior
 2017-18 dated 15/05/2018
 Zonal GM BSNL Gwalior invites E-tender for the below mentioned
 (I) Providing Multipurpose Technical Assistance in Zonal GM Office Gwalior
 The interested parties may visit our website www.mp.bsnl.co.in, www.tenders.gov.in and www.mpbsnl.procurement.gov.in Contact for help to Mr. Kapil Purohit on 079-40270564, 563, 555 & 507. Tender Documents of these DNITs hosted on BSNL M.P. Website Contact-AGM (CFA) O/o Zonal GM BSNL Gwalior 0751-2423214, Ph No. 2455881 Fax 2431400
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 NIFT Campus, Hauz Khas, New Delhi - 110 016
Notice Invite e-tender
 E-tenders (online tenders) are invited from all manufacturers/companies for procurement of 3D whole Body Scanning System. Technical specification and terms/conditions of tender can be downloaded from NIFT website: <https://nifttenders.eproc.in> & www.nift.ac.in from 18.05.2018. Last date of uploading the tenders is on or before 20.06.2018 upto 03:00 pm.
Purchase Officer
NIFT - HO

CENTRAL ORGANISATION FOR RAILWAY ELECTRIFICATION
 1, Nawab Yusuf Road, Civil Lines, Allahabad-211001
CORRIGENDUM No.4
Tender No. ELCORE_T_Comp_ Closing Date/Time
Gr 231-32-34 (Open Tender) 08.06.2018, 15.00
 Name of work: "Design, Supply, Erection, Testing & Commissioning of 25 kV