

## TOP TIP

High blood pressure is a 'silent killer'. It often has no warning signs and once it occurs it can last a lifetime. Some symptoms of high blood pressure include frequent headaches, nosebleeds, fatigue, chest pain, issues with vision and pounding in your chest, neck or ears.



**FOR FREE DIETARY ADVICE,**

contact the Pick n Pay dietitian at [healthhotline@pnp.co.za](mailto:healthhotline@pnp.co.za)