



lead to death. Dr. Adel also said that the most important risk factors for the cardiovascular disease is high blood pressure. And to reduce the occurrence of pressure comes from avoiding: smoking, obesity and overweight, lack of physical movement and arterial hypertension, high cholesterol level in the blood.

The medicine is one of the treatment methods but it is not enough alone, So there are several ways to treat high blood pressure as follows: Organizing food meals, reducing caffeine and salt, having lot of foods that contain potassium such as fruit (bananas and oranges) and vegetables, practicing physical activity, in addition to maintain a healthy body weight. At the end of the lecture, Dr. Ibtehal Aburezeq honored Dr. Adel in recognition of his efforts. It is worth to mention that the College of Pharmacy students was available at the lecture to measure the blood pressure and sugar level.

[Press Release Link](#)