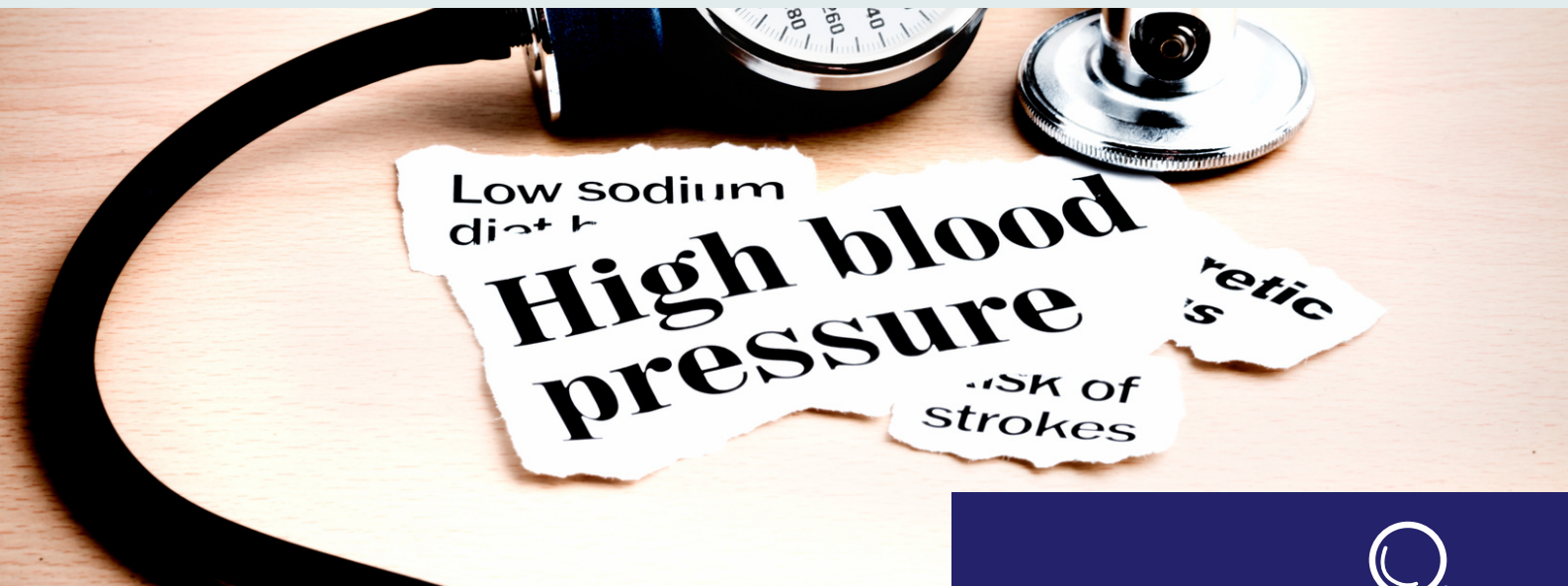




An initiative by:

SERVIER
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Introduction

May Measurement Month is a global blood pressure screening awareness campaign, launched in 2017 by the International Society of Hypertension to increase the importance of blood pressure control.

As a champion of hypertension management, Servier Singapore worked with selected GP clinics islandwide annually to provide free blood pressure screening during the month of May.



Overview

In total 264 patients were screened. Out of which 102 (39%) are males and 162 (61%) are females.

101 patients (38%) are existing hypertensive patients and 163 patients (62%) are previously undiagnosed patients.

Mean blood pressure of all patients screened is 134/81mmHg.

Key Findings

Overall, both males and females screened have similar mean BP readings. However there is a higher proportion of males with pre-existing hypertension.

Amongst patients with pre-existing hypertension, 54% presented with uncontrolled hypertension*, with an average BP readings of 156/85mmHg. This represented 21% of total population screened.

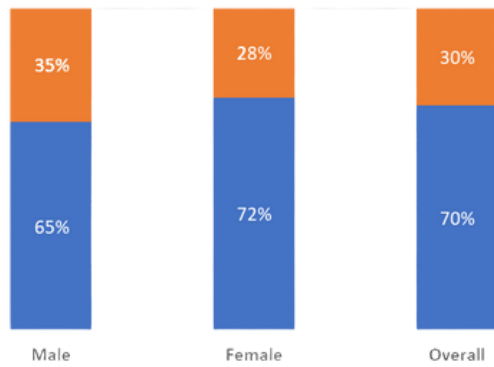
Amongst patients who are previously undiagnosed with hypertension, 30% presented with high blood pressure*, with an average BP readings of 153/89mmHg. This represented 18% of total population screened.



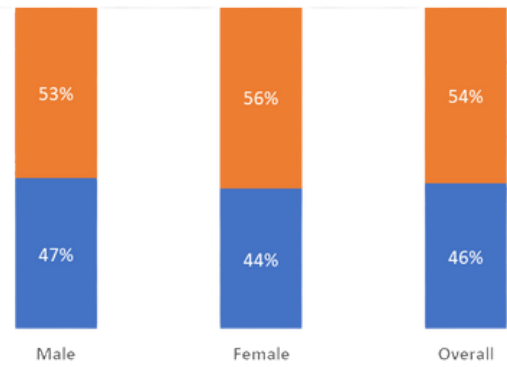
*By uncontrolled hypertension or high blood pressure, we refer to guidelines classification of 140/90mmHg and above



Patients previously undiagnosed with hypertension



Patients with pre-existing hypertension



■ Patients screened with high BP

■ Patients screened with normal BP

*By uncontrolled hypertension or high blood pressure, we refer to guidelines classification of 140/90mmHg and above

Conclusion

Blood pressure screening plays a crucial role in reducing the prevalence of cardiovascular diseases and regular monitoring ensures treatment effectiveness.

39% of total patients screened presented with high blood pressure upon measurement. More than 1/2 of the patients with pre-existing hypertension presented with uncontrolled BP, indicating a need for a more optimal medication plan and frequent self monitoring.

Nearly 1/3 of patients who are previously undiagnosed with hypertension are unaware that they have developed high blood pressure, indicating a need for regular BP screening even in the absence of disease for early identification.

The results we obtained are similar to the National Population Survey conducted by MOH. There is still room for better blood pressure management through optimised medical therapy and one that the patient can easily comply with. Widespread screening programs such as May Measurement Month can also help to promote public health by raising awareness.

**We would like to express our sincere thanks
to our participating partners for making
this event a successful one.**

- CHUNG & EE MEDICAL CLINIC
- CHEONG FAMILY CLINIC
- DRS LIM & CHAN CLINIC
- DR+ MEDICAL & PAINCARE MARSILING
- E.J. TAN CLINIC & SURGERY
- FAMILYCARE CLINIC & SURGERY
- FIRST CARE FAMILY CLINIC & SURGERY
- HEALTHPOINT FAMILY CLINIC & SURGERY

- HO MEDICAL CLINIC
- HONG FAMILY CLINIC
- LEE CLINIC
- LIM CLINIC
- PAN CARE MEDICAL CLINIC
- SIMS DRIVE MEDICAL CLINIC
- TAMPINES MEDIIFE CLINIC
- TEMASEK MEDICAL CENTRE

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Protection through generations.**

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