



Arterial Hypertension: Improve your quality of life (Colección Salud)

Cinthia Ramírez

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Nowadays, arterial hypertension is one of the most popular diseases all around the world. Did you know there are approximately a trillion people in the world that suffer from this? Despite being a global issue, few people know the meaning of living with this ailment. How do I identify it? There are some symptoms we need to pay attention to like headaches, ears burning and blurry visions, etc. It is worth highlighting that some of the signs that distinguish this ailment appear when it is already advanced. A healthy lifestyle will save you complications but to be informed is what will give you peace.

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