

“Hypertention - a significant cause of Blindness”



WORLD HEALTH DAY - April 7, 2013

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World Health Day is celebrated annually on April 7 to mark the anniversary of the founding of the World Health Organisation (WHO) in 1948.

Each year a theme is selected for **World Health Day** that highlights a priority area of public health concern in the world.

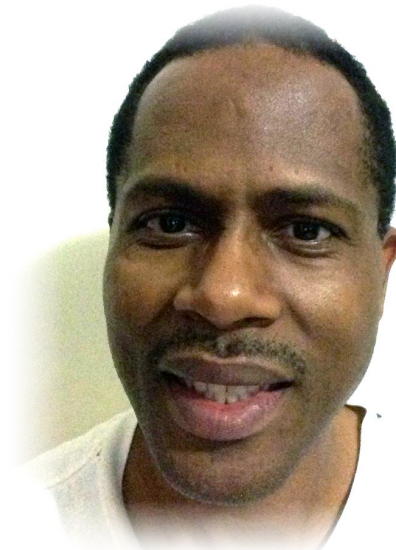
The theme for 2013 is High Blood Pressure.

As the Caribbean Council for the Blind/ Eye Care Caribbean seeks to fulfill its mandate of “*preventing blindness and visual impairment*”, we have turned our focus to Hypertensive Retinopathy.

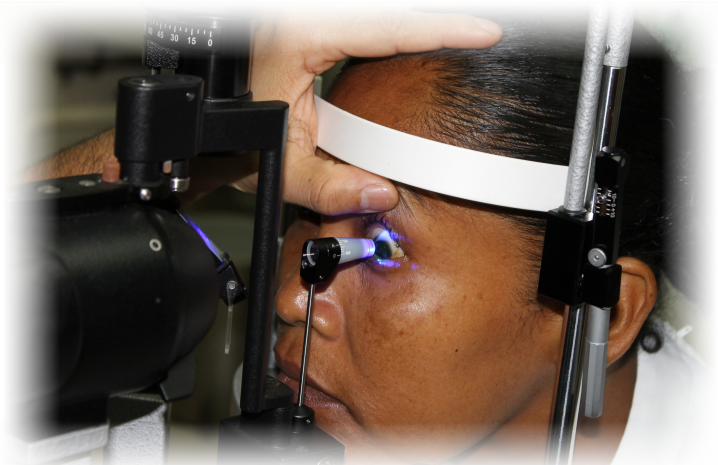
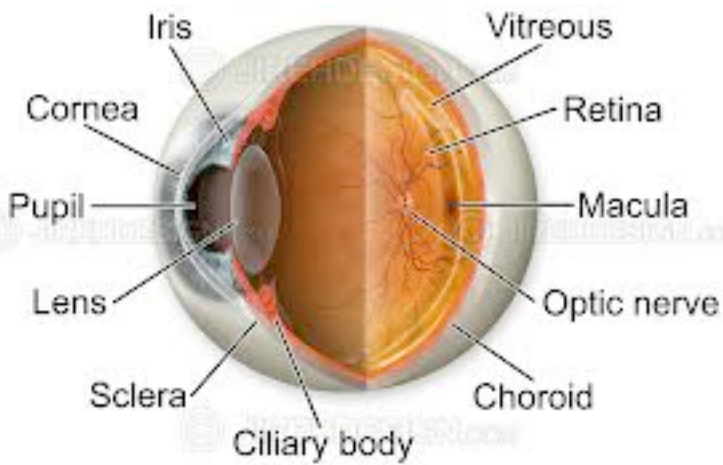
In this edition of our **World Health Day** Bulletin we are presenting articles on Hypertensive Retinopathy prepared by two noted Consultant Ophthalmologists in the region - Dr. Gavin Henry from Jamaica and Dr. Hazel Shillingford Ricketts from The Commonwealth of Dominica.



Dr. Hazel Shillingford-Ricketts



Dr. Gavin Henry



Hypertensive Retinopathy is a condition that describes damage to the retina caused by high blood pressure.

The retina is the layer of tissue that lines the back of the eye and is responsible for the conversion of images that enter the eye into signals that are sent along the nerves back to the brain.

The changes in **Hypertensive Retinopathy** result from adaptive changes in the large and small vessel circulation in response to the high blood pressure resulting in damage.

(For details on this article prepared by Dr. Gavin Henry please visit)

Hypertensive Retinopathy refers to the effect of hypertension on the retina.

Hypertension damages the walls of the Retinal Arterioles resulting in thickening of the walls and narrowing of the lumen. These thickened arterioles then compress the retinal veins where they cross over them resulting in arteriovenous or AV

nipping. These signs related to Chronic Systemic Hypertension. Retinal Arteriosclerosis are useful indicators of target organ damage which may help in deciding whether to initiate antihypertensive treatment in patients with mild or white coat Hypertension.

(For details on this article prepared by Dr. Shillingford-Ricketts please visit)



World Health Day 2013

This World Health Day, April 7, 2013, the World Health Organisation (WHO) and partners focus on the global

problem of high blood pressure.

Though it affects more than one in three adults worldwide, it remains largely hidden.

Many people do not know they have high blood pressure because it does not always cause symptoms. As a result, it leads to more than nine million deaths every year, including about half of all deaths due to heart disease and stroke.

The ultimate goal of World Health Day 2013 is to reduce heart attacks and strokes. Specific objectives of the campaign are:

- to raise awareness of the causes and consequences of high blood pressure;
- to provide information on how to prevent high blood pressure and related complications;
- to encourage adults to check their blood pressure and to follow the advice of health-care professionals;
- to encourage self-care to prevent high blood pressure;
- to make blood pressure measurement affordable to all; and
- to incite national and local authorities to create enabling environments for healthy behaviours.

World Health Day - April 7, 2013



OUR MISSION, OUR PURPOSE, OUR GOAL...

Our purpose is preventing blindness and visual impairment while restoring sight and creating opportunities for persons whose sight cannot be restored.

The World Health Day Bulletin has been produced with the assistance of our partners including:

The European Union



Sightsavers

