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## Knowledge, attitude and practice of life style modification in the management of hypertension

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Hypertension remains as one of the most important public health challenges worldwide because of the associated morbidity, mortality and the cost to the society. Despite the availability of safe and effective antihypertensive medications and the existence of clear treatment guidelines, hypertension is still inadequately controlled in a large proportion of patients worldwide. Unawareness of lifestyle modifications and failure to apply these were one of the identified patient-related barriers to blood pressure control. This cross sectional study was conducted to assess knowledge, attitude and practice of life style modification in the management of hypertension among 100 conveniently selected study subjects. Average age of the patients was  $36.96 \pm 13.04$  years. More than half of the respondents (56%) passed SSC level of education. Almost 99% of the study subjects knew that smoking is associated with hypertension. About 94% respondent told excessive salt intake is bad for health. Almost all of them knew that excessive salt intake results high blood pressure. About 93% told that physical exercise has effect on blood pressure. Three-fourth of the study subjects told that physical exercise decrease cholesterol. About 40% took part physical exercise regularly. The study found levels of knowledge on non-drug control of hypertension was quite good but practice level was poor.

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