

In World Hypertension Day 2017, The HTN Research Centre related to Isfahan Cardiovascular Research Institute of Isfahan University of Medical Sciences Iran, has measured blood pressure of 1001 individuals referring to clinics related to this research Centre. These measurements were achieved from people over 18 years old during one month, using their right hand. None of these people had their blood pressure measured for at least a year.

Individuals with blood pressure of  $\geq 140/90$  mmHg or people with known hypertension (240 people), received a training book about healthy lifestyle. In addition, people with blood pressure of  $\geq 160/100$  mmHg (44 people) had free physician visit.

98 persons, 9.8% of the whole people, stated that they have had known hypertension, but they have not measured their blood pressure in the last year. This means that they have low compliance. Moreover, only 65.3% of these hypertensive patients used their medicines regularly.

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