

GIVES KNOWLEDGE ABOUT GIVING CUCUMBER JUICE OR CELERY LEAF STEW TO REDUCE BLOOD PRESSURE IN HYPERTENSIVE PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background; A people can be diagnosed with hypertension if the systolic blood pressure is ≥ 140 mmHg and or the diastolic blood pressure is ≥ 90 mmHg. The Ministry of Health of the Republic of Indonesia (2018) reports that people with hypertension aged over 18 years in Indonesia were found to be 34,1% with a population of 265 million people in that age range. People generally treat hypertension by taking medicines that can cause side effects. Therefore, education is needed to deal with hypertension in addition to consuming medicines, namely by consuming cucumber juice 2 times a day. Apart from cucumber juice, celery leaf stew can also be consumed 2 times a day to lower blood pressure. **Method;** The writer chooses to use booklets because media booklets can be used to increase knowledge and provide information to the public, especially people with hypertension, booklets are also able to provide complete information. **Result;** the output or result of this research is in the form of a small book about the effectiveness of consuming cucumber juice or consuming celery leaf stew to reduce blood pressure in someone that have hypertension. **Conclusion;** With the existence of media books, the public is easier to understand about the effect of cucumber juice and the effect of celery leaf decoction on blood pressure in someone that have hypertension.

Keywords : *hypertension, cucumber, celery leaves, booklet*