

PEMBERIAN REBUSAN DAUN SELEDRI UNTUK PENURUNAN HIPERTENSI PADA WANITA MENOPAUSE MELALUI MEDIA BUKU SAKU

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SUMMARY

Background: Hypertension is a disease often referred to as a silent killer and can occur in all segments of society, requiring comprehensive and integrated long-term treatment. The non-pharmacological treatment that can be performed in women suffering from hypertension is by regularly consuming a decoction of celery leaves. Selenium is said to contain apigenin, which prevents blood vessels from shrinking, and phthalides, which soften arterial muscles and soften blood vessel. **Method:** Using a pocket book medium that can provide information in the way of lowering hypertension by consuming a decoction of celery leaves tested to 3 respondents. **Result:** The media produced by KIE is a pocket book that can be read directly by menopausal women. **Conclusion;** The pocket book can be used as a media of promotion, communication, information, education about the decoction of sludge leaves to lower high blood pressure in menopausal mothers with hypertension.

Keywords: Menopause, Hypertension, Pocket Book