

**EDUCATION ON CUCUMBER JUICE TO LOWER HIGH BLOOD
PRESSURE IN HYPERTENSION SUFFERERS THROUGH BOOKLET
MEDIA**

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Summary

Background: Hypertension is a non-communicable disease. A person is said to have hypertension if the systolic blood pressure is 140 mmHg or more and the diastolic blood pressure is 90 mmHg or more. The impact of hypertension if not immediately treated can lead to fatal disorders. For example, heart attack, kidney failure, heart failure and stroke. One of the non-pharmacological treatments that can be given to hypertension sufferers is consuming cucumber juice, because cucumber is a diuretic due to its high water content so it helps lower blood pressure. **Objective:** This study aims to increase knowledge about the benefits of cucumber juice through educational booklet media. **Method:** Educational media was developed in the form of a booklet. Communication, Information, and Education (KIE) which contains the definition of hypertension, risk factors, symptoms, prevention methods, benefits of consuming cucumber juice as well as steps for making and applying cucumber juice. The booklet is arranged in an attractive manner with simple and clear language. **Results:** The resulting booklet is expected to be able to increase knowledge to independently understand the benefits of cucumber juice, so that it can be applied at home as a non-pharmacological therapy effort to lower blood pressure. **Conclusion:** The use of booklet media about the benefits of cucumber juice is an effective method to increase knowledge and as a means of information regarding non-pharmacological treatments to lower blood pressure.

Keywords: Hypertension, Benefits of Cucumber Juice, Booklet Media, Health Education