

Addressing Cardiovascular Disease Prevalence, OMRON Healthcare Indonesia Donates 500 Blood Pressure Monitors to Doctors and Clinics in East Java

To enhance the knowledge and skills of general practitioners in managing patients with hypertension disorders, the Indonesian Association of General Practitioners (PDUI) East Java and OMRON Healthcare Indonesia organized a symposium: "Heart Health: Keeping Your Cardiovascular Well-being in Check."



Surabaya, May 18, 2024 - Cardiovascular and cerebrovascular diseases such as heart attacks and strokes rank at the top of the list of leading causes of death in Indonesia.¹ Addressing this requires close collaboration among various stakeholders, including healthcare organizations, government bodies, and private entities. As a leading healthcare device manufacturer globally, OMRON Healthcare Indonesia is committed to actively monitoring hypertension to eliminate heart attacks and strokes as part of its long-term vision "Going for Zero".

To help reduce the number of heart attacks and strokes, OMRON Healthcare Indonesia encourages at-risk individuals to monitor their blood pressure regularly at home through active campaigns. Moreover, OMRON Healthcare Indonesia significantly contributes by donating digital blood pressure monitors in collaboration with related organizations in various countries.

¹ [Penyakit Kardiovaskular Penyebab Kematian Tertinggi di Indonesia](#) - Dinas Kesehatan Provinsi Aceh, September 2023



Today in Surabaya, commemorating World Hypertension Day on May 17, 2024, OMRON Healthcare Indonesia donated 500 digital BPM devices to general practitioners and clinics in East Java, in collaboration with the Indonesian Association of General Practitioners (PDUI) East Java. This donation of digital BPM devices is expected to further enhance the quality of healthcare services in East Java, particularly in addressing hypertension and stroke.

In addition to providing digital BPM donations, OMRON Healthcare Indonesia and PDUI East Java also hosted a symposium titled "Heart Health: Keeping Your Cardiovascular Well-being in Check," attended by 100 general practitioners from various cities in East Java. The event aims to enhance the knowledge and skills of general practitioners in managing patients with hypertension, a primary trigger for cardiovascular diseases.

"One of the main challenges in reducing the prevalence of cardiovascular diseases is the low awareness among the public regarding the importance of regularly monitoring blood pressure at home. Yet, with routine monitoring, treatment, and sharing comprehensive data with healthcare providers, we can ensure better hypertension care," said **Tomoaki Watanabe, Director of OMRON Healthcare Indonesia**. "OMRON Healthcare Indonesia is delighted to collaborate with PDUI East Java in efforts to raise awareness about the importance of regular blood pressure monitoring at home and the donation of OMRON digital BPMs capable of accurately monitoring blood pressure to doctors and clinics in East Java,"

In Indonesia, the diagnosis of hypertension is still very low. The WHO report² states that the hypertension diagnosis rate in Indonesia is only 36%, lower than Vietnam's 47% and India's 37%. This is due to low opportunities for health checks, especially if not covered by insurance or companies, and low ownership of blood pressure measuring instruments in the community.

Tomoaki emphasized the urgency for people with hypertension to have easy access to accurate and certified blood pressure measuring instruments. Based on a survey conducted by OMRON Healthcare Indonesia, few people realize the importance of monitoring their own blood pressure at home, so they often only check their blood pressure when visiting a health facility. Only 8% of hypertensive patients³ are recommended a self-monitoring device by their general practitioner.

There are many preventable risk factors for hypertension, such as smoking, diabetes, overweight or obesity, lack of physical activity, excessive salt consumption, and alcohol consumption. Practicing lifestyle modification regularly can reduce up to 15% of the risk of complications in hypertension.⁴

"Hypertension can be prevented by taking a healthy lifestyle such as a balanced diet, exercising regularly, avoiding stressors, and early detection with regular blood pressure measurements even without any symptoms. If someone already has hypertension, they can still maintain their quality of life and life expectancy well by undergoing regular treatment and measuring blood pressure regularly," said **Dr. dr. Ade Armada Sutedja, SH, MHKes, M.KP, Chairman of PDUI (Indonesian General Practitioners Association) East Java Branch**, "One simple but effective preventive measure is to have a blood pressure measuring instrument at home that is easy to operate at any time and accurate and consult a doctor to get the right treatment if blood pressure is above normal limits."

Having a blood pressure meter at home for regular blood pressure monitoring makes it easier for people with hypertension to monitor their blood pressure at any time so that they can be more proactive in understanding their health condition. This simple step is expected to help reduce the overall number of people with hypertension and ultimately reduce the number of people with heart disease and stroke.

² [WHO Global Report on Hypertension](#)

³ The FY23 in-depth interview survey. OHS-ID conducted interviews through an investigative agency with 24 individuals diagnosed with hypertension.

⁴ <https://www.ncbi.nlm.nih.gov/books/NBK539859/>



The #1 silent killer in the world, 15.5 million cases of heart disease occurred in Indonesia in 2022, up from 12.93 million cases in 2021,⁵ resulting in 245,343 deaths from coronary heart disease and 50,620 deaths from hypertensive heart disease each year.⁶ High blood pressure is also a major risk factor for stroke. Ranked as the top cause of disability in the world,⁷ stroke is also recorded as the leading cause of death in Indonesia, with an increase from 1.99 million cases in 2021 to 2.54 cases in 2022.⁸

To detect heart disorders, OMRON has developed OMRON Complete, an upper arm blood pressure monitor with built-in ECG technology that can measure blood pressure and ECG simultaneously. With the ability to measure both stroke risk factors in one device, it will be easier for those with AFib to track their condition and know when to seek treatment.

As for stroke, people can start checking their risk of stroke by utilizing the Stroke Risk Calculator in the OMRON Connect app. By answering 20 scientifically tested questions in just 3 minutes, people aged 20-90 can get information on their stroke risk level in the next 5-10 years. The calculator was developed by Auckland University of Technology, New Zealand, with the help of more than 300 leading stroke experts from 102 countries.

"OMRON is committed to developing technology and innovation in healthcare. We want to continue to contribute to health technologies that allow people to easily identify their health conditions, such as blood pressure at any time, including the risk of stroke and heart disease over the next few years. This way, people can take preventive measures and get treatment from doctors to maintain their health in the long run," said **Eunice Teo, Product Manager, Cardiovascular & Respiratory OMRON Healthcare Singapore.**

About OMRON Healthcare Business

Committed to advancing health and empowering people around the world to live life to the fullest, OMRON Healthcare is a global leader in innovative, clinically proven medical devices for home health monitoring and care.

Aiming to realize its vision of "Going for Zero, Preventive Care for Public Health", the company develops products and services for cardiovascular condition management, remote patient monitoring, respiratory care, and pain therapy devices. These products help healthcare professionals and patients to reduce cerebro-cardiovascular events, worsening respiratory diseases, and restrictions due to chronic pain.

With more than 350 million units sold worldwide*, OMRON provides the world's most recommended blood pressure monitors by healthcare professionals**. Throughout its history, OMRON Healthcare has strived to improve lives and contribute to a better society by developing innovations that help people prevent, treat and manage their medical conditions and providing products and services in more than 130 countries***.

OMRON Healthcare Group is headquartered in Kyoto, Japan

* Cumulative sales of home-use digital blood pressure monitor worldwide. (as of May 2023)

**1 Frost & Sullivan survey, Blood pressure physician perception tracker survey. (November 25, 2019, and U.S. News Staff 2020, U.S. News & World Report, accessed on June 9, 2020)

⁵ Laporan "Mengenal Kesehatan Jantung Melalui Deteksi Dini" dari [Pusat Analisis Keparlemenan Badan Keahlian Setjen DPR RI](#), September 2023.

⁶ [Cegah Penyakit Jantung dengan Menerapkan Perilaku CERDIK dan PATUH](#), Kementerian Kesehatan, September 2023.

⁷ [Kenali Stroke dan Penyebabnya](#), Kementerian Kesehatan, Oktober 2023

⁸ Laporan "Mengenal Kesehatan Jantung Melalui Deteksi Dini" dari [Pusat Analisis Keparlemenan Badan Keahlian Setjen DPR RI](#), September 2023



**2 Kantar Health. Survey with cardiologists. (2019)

*** Number of countries where OMRON products and/or services are available (as of March 2023)

Website: <https://www.omronhealthcare-ap.com/id>

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