World Hypertension League

CHILDREN'S ART PROGRAM
WORLD HYPERTENSION LEAGUE

WORLD HYPERTENSION DAY 2026

Controlling Hypertension Together

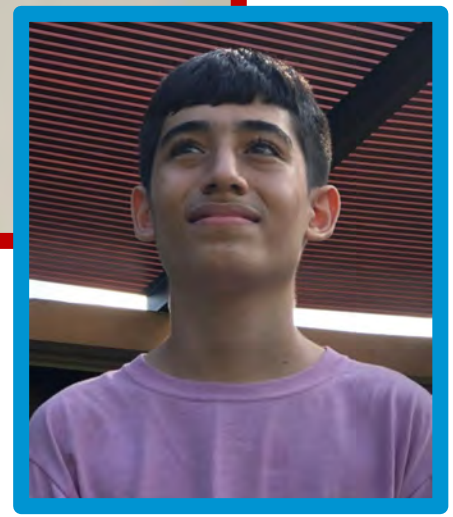
Initiated by the World Hypertension League www.whleague.org

MEXICO

Bruno López López

Centro Educativo Impulso
Cancun, Mexico
16 years old (autistic)

The interpretation of a healthy heart that is dying and seems to be emptying, where the stethoscope, which is in black, is like the hoses, with the blue part "like the bell" measuring the blood pressure to save it.



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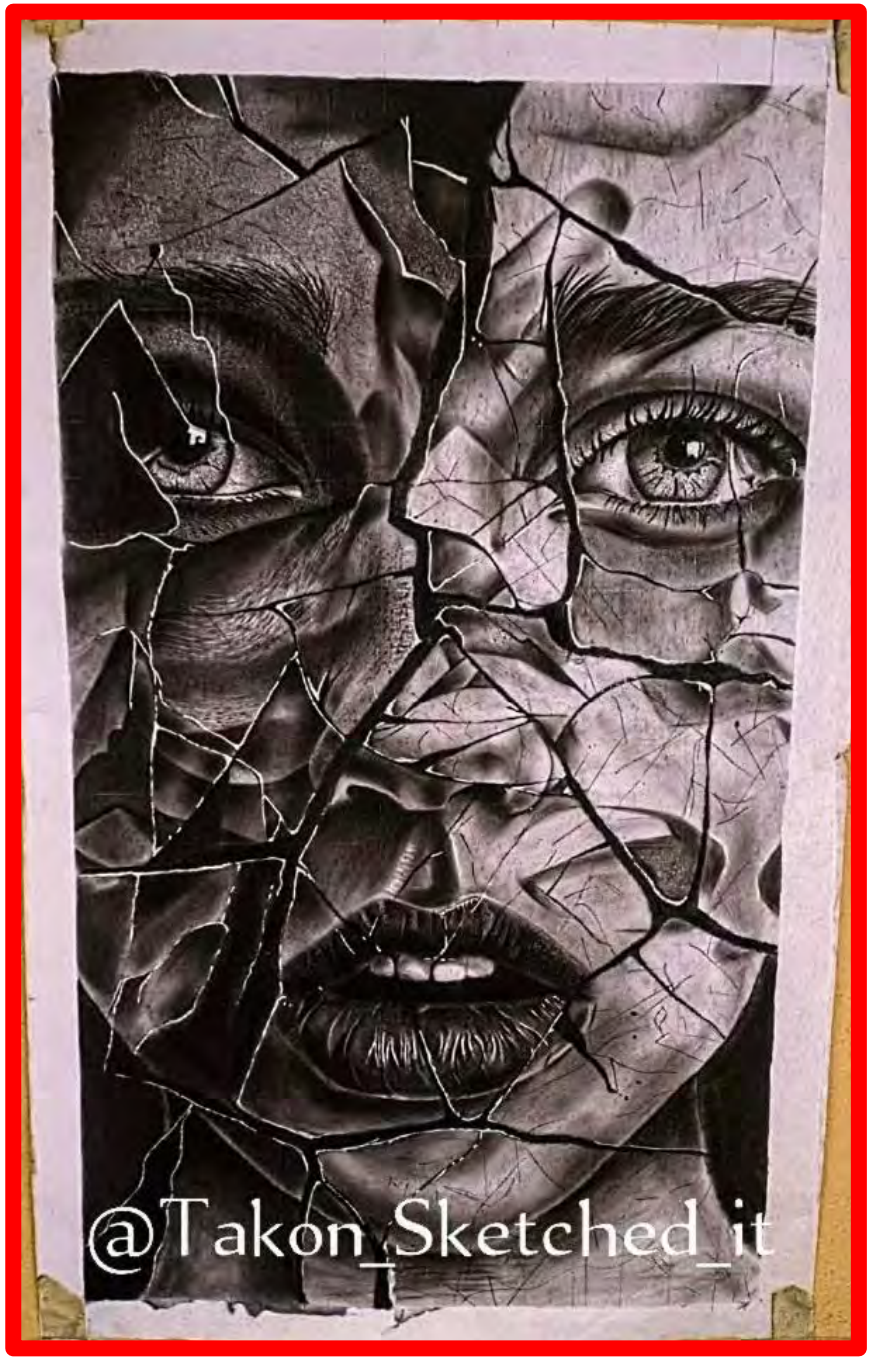
NIGERIA

Takon Esther

Arthur Jarvis University
Nigeria
17 years old

This piece explores the unseen tension of hypertension the quiet, accumulating pressure that exists beneath a seemingly composed exterior. The fractured face symbolizes the internal strain placed on the body, where each crack represents stress on blood vessels, gradually weakening under force that cannot be seen but is constantly felt. The duality in the expression reflects the contrast between outward normalcy and internal distress. While the eyes remain alert, almost aware, the overall fragmentation suggests a loss of stability, as though the body is slowly giving in to a force it cannot resist. The lips, slightly parted yet restrained, hint at silence, echoing how hypertension often progresses without obvious symptoms or warning signs. The broken surface is not a result of sudden impact, but of sustained pressure over time. This mirrors the nature of hypertension as a "silent killer," where damage occurs gradually, often unnoticed until it becomes severe. Ultimately, this work serves as a visual reminder that what is hidden can be just as dangerous as what is visible. It emphasizes the importance of awareness, regular monitoring, and proactive care, urging viewers to recognize that beneath calm appearances, the body may be under immense strain.



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PORTUGAL

Fernando Martos Gonçalves/ Sociedade Portuguesa de Hipertensão

Clara Beatriz Taborda Silva

Hospital Dr. Nélio Mendonça
10 years old

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Rui Daniel Silva Freitas

Hospital Dr. Nélio Mendonça
7 years old

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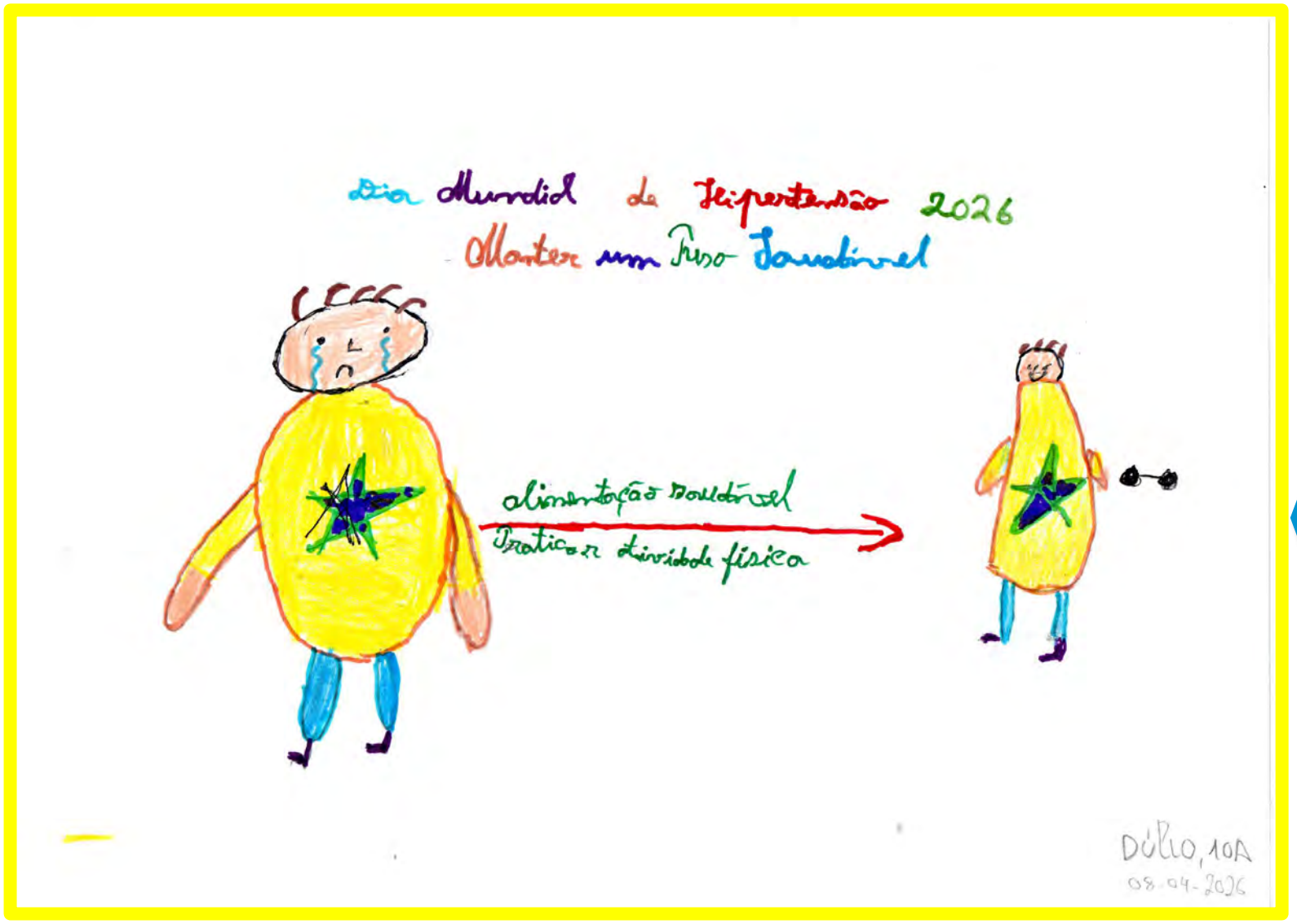

Dúlio Alexandre Dias

10 years old

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João Edmundo Domingos de Oliveira

Osmope
9 years old

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Sala do 1.ºB - escolaglobal

Portugal

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Sala dos 3 anos B - escolaglobal

Portugal

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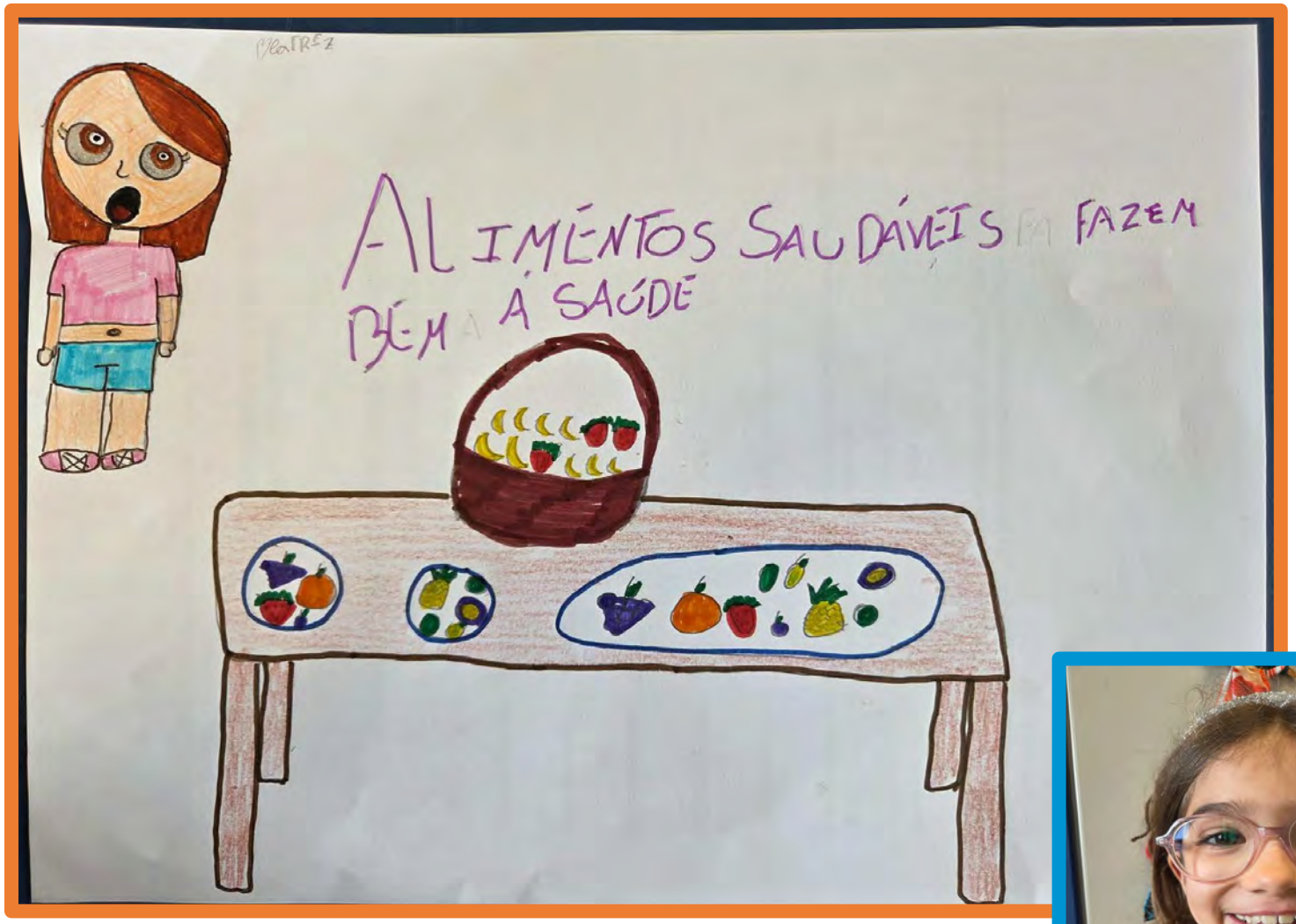
PORTUGAL

Departamento de Pediatria – Serviço de Pediatria
Pediatric Clinic for Hypertension and Cardiovascular Risk
Hospital de Santa Maria – ULSSM-Lisboa, Portugal
Carla Simão, MD & Bárbara Câmara, EducationTeam



Maria Beatriz Monteiro

Escola Básica Quinta de S. José
8 years old

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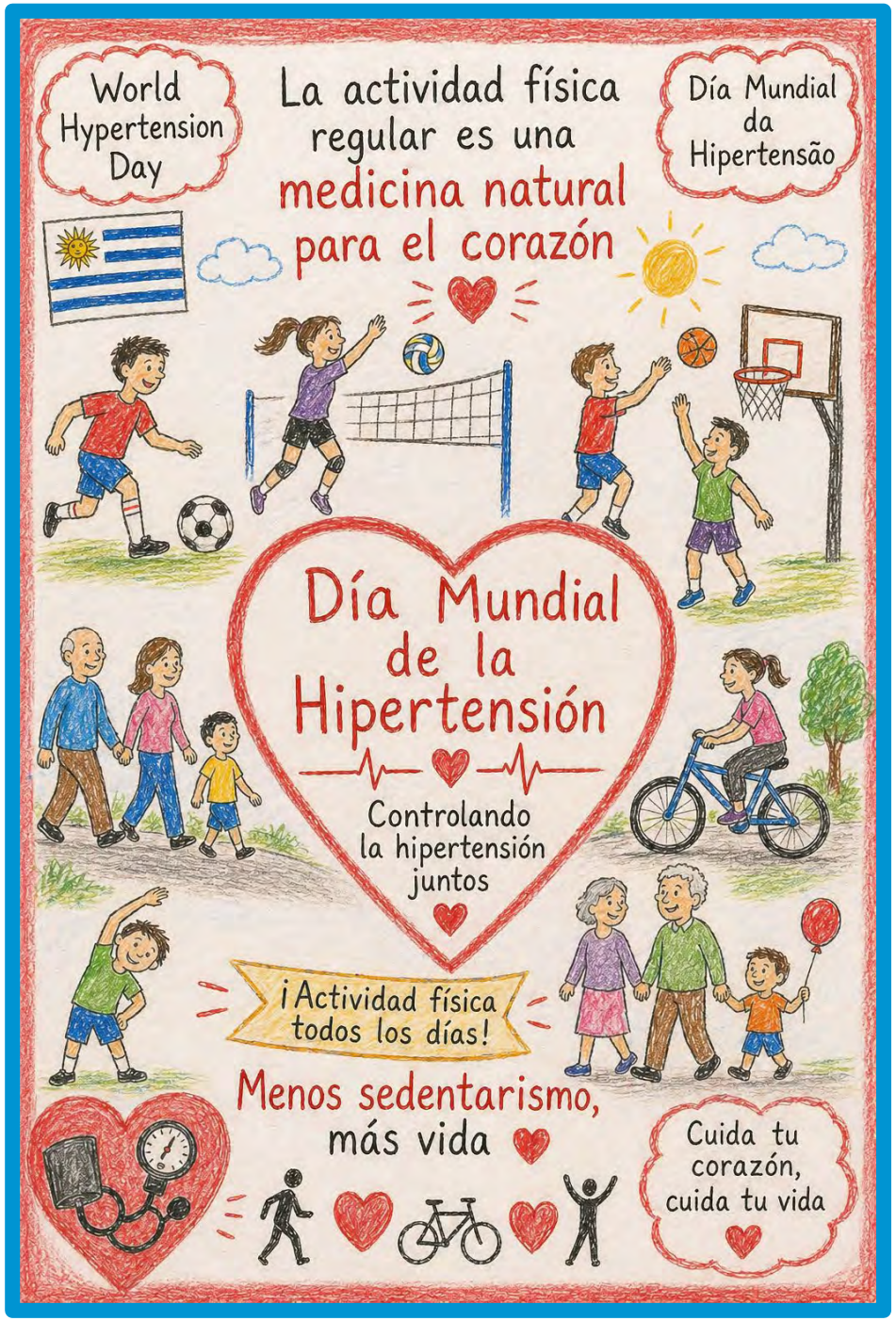
URUGUAY

Sponsor: Team Pro Uruguay

Tiziano Proverbio González

Liceo de Nueva Helvecia
15 years old



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