

# HYPERTENSION

A concise clinical overview

---

## Definition

Hypertension is a chronic medical condition characterized by persistent elevation of systemic arterial blood pressure.

## Classification (Adults)

- Normal: <120 / <80 mmHg
- Elevated: 120–129 / <80 mmHg
- Stage 1: 130–139 / 80–89 mmHg
- Stage 2:  $\geq$ 140 /  $\geq$ 90 mmHg

## Common Causes

- Essential (Primary) hypertension
- Renal parenchymal disease
- Endocrine disorders
- Drug-induced causes

## Target Organ Damage

- Heart – Left ventricular hypertrophy
- Brain – Stroke
- Kidney – Chronic kidney disease
- Eye – Hypertensive retinopathy

## Basic Management

- Lifestyle modification
- Salt restriction
- Pharmacotherapy as per stage
- Regular monitoring