

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: ≥140 / ≥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