

High Blood Pressure: What care should I take?

Importance of Blood Pressure Control and Its Consequences

Controlling blood pressure is crucial for proper body functioning, maintaining cardiovascular health, and preventing various complications.

Cardiovascular Diseases

Prolonged high blood pressure puts strain on the heart, which can lead to acute myocardial infarction (heart attack) and decreased cardiac function (heart failure).



Stroke (Cerebrovascular Accident)

Hypertension damages the blood vessels in the brain, increasing the risk of:

- Hemorrhagic stroke (when a vessel ruptures)
- Ischemic stroke (when blood flow is blocked by a clot)

Both types can cause permanent disability or even death.



Kidney Disease

Blood vessels in the kidneys exposed to high pressure gradually deteriorate, reducing their ability to filter waste and fluids from the blood — eventually leading to chronic kidney disease.

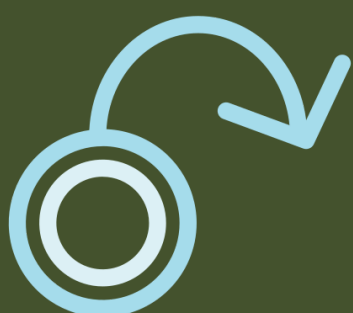


Vision Problems

High blood pressure can damage the blood vessels in the eyes, causing hypertensive retinopathy, which may result in partial or total vision loss.

Cognitive Decline and Dementia

Hypertension can affect blood flow in the brain, contributing to the development of cognitive deficits and vascular dementia, affecting memory and reasoning ability.



Erectile Dysfunction

Hypertension can also damage the blood vessels that supply the penis, impairing blood flow and potentially leading to difficulty achieving or maintaining an erection.