

Hypertension



In this Chapter,
you will learn about:

- Common Risk Factors leading to High Blood Pressure (Hypertension).
- Measurement of Blood Pressure using Electronic Digital Blood Pressure Machine.
- Management and Control of High Blood Pressure.
- Heart Attack and Stroke and Risk Factors.
- Warning Signs of Heart Attack and Stroke.
- Prevention of Heart Attack and Stroke.

What is Hypertension?

Hypertension occurs when the blood moves through the blood vessels at a higher pressure than normal. This requires the heart to work harder to push blood through the blood vessels. This increases the load on the heart.

Hypertension is also referred to as **“silent killer”**. This is because it can exist without causing any warning signs or symptoms. That is why it is important to screen all individuals at least above the age of 30 years for blood pressure at least once annually.

High blood pressure, if not controlled, may lead to damage of blood vessels, heart and other organs, such as the brain, kidneys and eyes. Constant high blood pressure can cause life - threatening conditions, such as heart diseases and stroke, diabetes, kidney diseases, etc. Reducing blood pressure to even a small extent can help lower the risk of these conditions.

Risk Factors for Hypertension

The following are some common factors that can lead to high blood pressure

- Family history.
- Unhealthy diet - A diet especially high in salt, fat and low in vegetables/fruits.
- Lack of physical activity (or sedentary lifestyle).
- Being overweight.