Hypertension: An Overview

What is Hypertension?

Hypertension, also known as high blood pressure, is a condition where the force of the blood against the artery walls is too high. It is commonly defined as having a blood pressure reading consistently at or above 130/80 mmHg.

Types of Hypertension:

1. Primary (Essential) Hypertension: No identifiable cause; develops over years.

2. Secondary Hypertension: Caused by an underlying condition such as kidney disease or hormonal disorders.

Causes and Risk Factors:

- Genetics

- High salt intake

- Obesity

- Lack of physical activity

- Excessive alcohol consumption

- Stress

- Smoking

Symptoms:

Often called a "silent killer" because it typically has no symptoms until it has caused significant health damage.

Complications:

- Heart disease

- Stroke

- Kidney failure

- Vision loss

- Aneurysms

Management:

- Lifestyle changes (healthy diet, exercise, weight loss)

- Reducing salt and alcohol intake

- Stress management

- Medications like ACE inhibitors, beta-blockers, or diuretics

Prevention:

- Regular physical activity

- Healthy diet (DASH diet)

- Routine blood pressure checks

- Avoiding tobacco and limiting alcohol