



Myths about Hypertension

Here are some common **myths about hypertension (high blood pressure)** and the truths behind them:

1. Myth: High blood pressure always causes symptoms

✓ **Truth:** Hypertension is called the "**silent killer**" because it usually has **no noticeable symptoms**. Many people don't realize they have it until serious complications like heart attack or stroke occur.

2. Myth: Only older people get hypertension

✓ **Truth:** While the risk increases with age, **young adults and even children** can develop high blood pressure due to factors like obesity, stress, and genetics.

3. Myth: If you don't add salt to food, you won't get high blood pressure

✓ **Truth:** **Processed and restaurant foods** contain hidden sodium, which contributes to high BP. Reducing overall sodium intake is more important than just avoiding table salt.

4. Myth: People with high blood pressure should avoid all exercise

✓ **Truth:** **Regular physical activity** actually helps lower BP over time. However, extreme weightlifting or intense exercise without medical advice can be risky for those with severe hypertension.

5. Myth: Hypertension is only caused by stress

✓ **Truth:** Stress **can** temporarily raise BP, but chronic hypertension is more influenced by **genetics, diet, obesity, kidney disease, and hormonal imbalances**.

6. Myth: If you feel fine, you don't need to check your blood pressure



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✓ **Truth:** Since hypertension is often **symptomless**, regular BP checks are essential, especially if you have risk factors like family history, obesity, or diabetes.

7. Myth: If you start BP medication, you'll have to take it for life

✓ **Truth:** Some people can **reduce or stop medications** with lifestyle changes like weight loss, a healthy diet, and exercise—but only under medical supervision.

8. Myth: Drinking alcohol helps lower blood pressure

✓ **Truth:** While small amounts of **red wine** may have heart benefits, excess alcohol **raises BP** and increases the risk of stroke and heart disease.

9. Myth: Low blood pressure is always healthy

✓ **Truth:** **Very low BP (hypotension)** can cause dizziness, fainting, and shock, especially in older adults or those with underlying health conditions.

10. Myth: Hypertension is not a big deal unless it's extremely high

✓ **Truth:** Even **mildly high BP** over time increases the risk of **heart disease, stroke, kidney damage, and cognitive decline**. Managing it early is crucial.