



Signs and Symptoms of Hypertension

Hypertension, or high blood pressure, is often called a "silent killer" because it may not cause noticeable symptoms for a long time. However, when blood pressure becomes significantly high, some signs and symptoms may appear, including:

Common Symptoms of Hypertension:

1. Headaches – Often in the morning and more intense at the back of the head.
2. Dizziness – Feeling lightheaded or unsteady.
3. Blurred or Double Vision – Caused by increased pressure affecting the eyes.
4. Nosebleeds – Though not always, frequent nosebleeds can indicate high blood pressure.
5. Shortness of Breath – Especially during exertion, as the heart works harder.
6. Chest Pain – Can be a sign of severe hypertension affecting the heart.
7. Fatigue or Confusion – Due to reduced blood flow to the brain.
8. Irregular Heartbeat (Palpitations) – A racing or pounding heart.
9. Nausea or Vomiting – In cases of very high blood pressure or hypertensive crisis.
10. Swelling in Legs or Feet – Due to fluid retention from heart strain.

Severe Symptoms (Hypertensive Crisis - BP >180/120 mmHg):

Severe headaches

Vision problems

Chest pain

Difficulty breathing



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Severe anxiety

Unresponsiveness or seizures (in extreme cases)

Regular blood pressure monitoring is essential because hypertension can remain asymptomatic for years while damaging the heart, kidneys, brain, and blood vessels.