

Complications related to Hypertension

Hypertension, or high blood pressure, results in more pressure than normal on the walls of your arteries and can damage your blood vessels, as well as organs in your body. The higher your blood pressure and the longer it goes uncontrolled, the greater the damage.

Uncontrolled high blood pressure can lead to:

- **Heart attack or stroke.** High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.
- **Aneurysm.** Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.
- **Heart failure.** To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.
- **Weakened and narrowed blood vessels in your kidneys.** This can prevent these organs from functioning normally.
- **Thickened, narrowed or torn blood vessels in the eyes.** This can result in vision loss.
- **Metabolic syndrome.** This syndrome is a cluster of disorders of your body's metabolism, including increased waist circumference; high triglycerides; low high-density lipoprotein (HDL); or "good," cholesterol; high blood pressure; and high insulin levels.
 - If you have high blood pressure, you're more likely to have other components of metabolic syndrome. The more components you have, the greater your risk of developing diabetes, heart disease or stroke.
- **Trouble with memory or understanding.** Uncontrolled high blood pressure may also affect your ability to think, remember and learn. Trouble with memory or understanding concepts is more common in people with high blood pressure.
- **Eye problems.** High blood pressure, if unmanaged, can lead to damage in the eye's blood vessels and adaptations that can lead to retinopathy, resulting in reduced vision.
- **Erectile Dysfunction (ED).** Some people may experience erectile dysfunction as a result of high blood pressure. Lowering and managing blood pressure can treat ED.