

HYPERTENSION

Hypertension meaning

Hypertension is the persistent increase of blood pressure on the wall of the blood vessels.

In accordance with most major guidelines, it is recommended that a person can be deemed hypertensive if the systolic blood pressure (SBP) in the office or clinic is ≥ 140 mm Hg and/or the diastolic blood pressure (DBP) is ≥ 90 mm Hg after repeated examinations.

The normal blood pressure is

Systolic blood pressure < 130 mmHg
Diastolic blood pressure < 85 mmHg



Sign and symptoms

While the majority of the people are asymptomatic, the of presenting symptoms include:



- Headache
- Dizziness
- Vomiting
- Nausea
- Chest pain
- Confusion
- Anxiety
- Nosebleeds
- Buzzing in the ears
- Dysnea (difficulty breathing)
- Abnormal heart rhythm
- Blurred vision or other vision changes

Prevention

Hypertension prevention can be done through the incorporation of various lifestyle changes such as:

- Weight loss
- Reduced sodium intake
- Increased potassium intake
- Increased physical activity
- Reduced alcohol consumption
- Incorporation of Dietary Approaches to Stop Hypertension (DASH) diet.

If you want to know more about hypertension visit this website

<https://www.pacehospital.com/hypertension-symptoms-causes-types-complications-prevention>

Ana Paola Sifuentes Basurto
Karol Romina Sierra Barajas

Hypertension Teaching Guide

DP Hallahan



Hypertension Teaching Guide:

Whispering the Secrets of Language: An Emotional Journey through **Hypertension Teaching Guide**

In a digitally-driven earth wherever monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within phrases usually get unheard. However, nestled within the pages of **Hypertension Teaching Guide** a charming fictional treasure sporting with raw thoughts, lies an extraordinary journey waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus attracts readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the very material of every word. Within the psychological depths with this emotional evaluation, we can embark upon a heartfelt exploration of the book is core themes, dissect its charming writing model, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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