



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

Sebastian Brünink

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Table of Contents Hypertension Teaching Guide

1. Understanding the eBook Hypertension Teaching Guide
 - The Rise of Digital Reading Hypertension Teaching Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Hypertension Teaching Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Hypertension Teaching Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Hypertension Teaching Guide
 - Personalized Recommendations
 - Hypertension Teaching Guide User Reviews and Ratings
 - Hypertension Teaching Guide and Bestseller Lists
5. Accessing Hypertension Teaching Guide Free and Paid eBooks

- Hypertension Teaching Guide Public Domain eBooks
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- Hypertension Teaching Guide Budget-Friendly Options
- 6. Navigating Hypertension Teaching Guide eBook Formats
 - ePub, PDF, MOBI, and More
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 - Adjustable Fonts and Text Sizes of Hypertension Teaching Guide
 - Highlighting and Note-Taking Hypertension Teaching Guide
 - Interactive Elements Hypertension Teaching Guide
- 8. Staying Engaged with Hypertension Teaching Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hypertension Teaching Guide
- 9. Balancing eBooks and Physical Books Hypertension Teaching Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hypertension Teaching Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Hypertension Teaching Guide
 - Setting Reading Goals Hypertension Teaching Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hypertension Teaching Guide
 - Fact-Checking eBook Content of Hypertension Teaching Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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