

L'hypertension artérielle

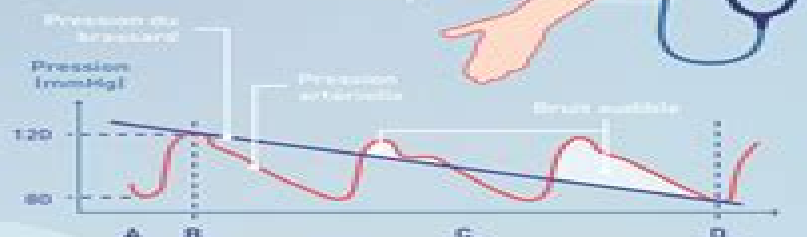
Le plus souvent, l'hypertension artérielle s'installe sans signes ni symptômes apparents, mais elle n'est pas pour autant sans danger. Et pour cause : elle accroît considérablement le risque de pathologies telles qu'infarctus du myocarde, insuffisance cardiaque, attaque vasculaire cérébrale (AVC) ou encore défaillance au niveau des reins. Parmi les personnes hypertendues en Suisse, seule une minorité bénéficie d'un traitement approprié, la plupart ignorant l'existence de leur maladie. Un dépistage régulier est donc crucial.

30 à 40 %

Le pourcentage d'infarctus du myocarde et d'AVC causés par l'hypertension artérielle

COMMENT MESURE-T-ON LA PRESSION ARTÉRIELLE ?

La pression artérielle correspond à la pression exercée par le sang sur les parois des artères. On parle également de « tension artérielle ».



A. Pose du brassard

Le brassard est placé au niveau du bras, le stéthoscope en aval. En gonflant le brassard à une pression supérieure à la pression artérielle maximale, l'artère du bras est alors occluse et le sang ne passe plus. Aucun bruit n'est perçu par le stéthoscope.

B. Pression systolique (maximale)

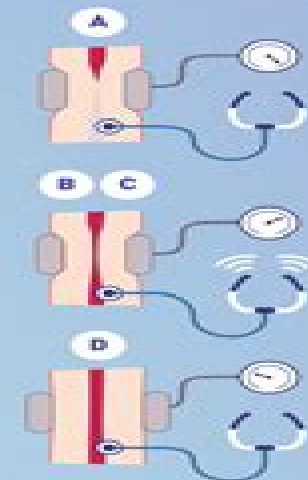
Le brassard est dégonflé lentement. Un bruit commence à être perçu par le stéthoscope et la pression artérielle doit être lue au même moment. On mesure alors la pression maximale (systolique), au moment où le cœur se contracte (systole).

C. Baisse de pression

Le brassard continue à être dégonflé lentement. Un bruit est toujours perçu par le stéthoscope.

D. Pression diastolique (minimale)

Quand plus aucun bruit n'est perçu au stéthoscope, on lit la pression artérielle sur le cadran. Il s'agit de la pression minimale (diastolique), au moment où le cœur se relâche (diastole).



QUE SE PASSE-T-IL EN CAS D'HYPERTENSION ARTÉRIELLE ?

La tension subie par les parois artérielles est élevée. Parmi les conséquences possibles :

- Endommagement des artères en raison de l'excès de pression et contribution à l'athérosclérose, pouvant causer un infarctus du cœur ou un AVC
- Aggravation d'une insuffisance cardiaque (faiblesse du myocarde)
- Souffrance au niveau d'organes tels que les reins



TRAITEMENTS

Prescrits souvent en association, plusieurs médicaments sûrs et confortables permettant de traiter l'hypertension et de limiter ses complications. Il s'agit le plus souvent de :

- Diurétiques (augmentation de l'élimination du sodium dans les urines)
- Anticalciques (abaissement des vaisseaux sanguins)
- Bloqueurs du système rénine-angiotensine (diminution de la contraction des petites artères)

Quand parle-t-on d'hypertension artérielle ?

Lorsque la tension atteint 130/90-140/90 mmHg à plusieurs reprises. En cas de doute, une mesure sur 24 heures peut être réalisée en ambulatoire (mesure ambulatoire de la pression artérielle ou « MAPA »).

DÉPISTAGE

Un contrôle de la tension artérielle est recommandé :

- Tous les ans dès l'âge de 40 ans
- Tous les ans pour les personnes plus jeunes si le risque d'hypertension est élevé
- Tous les 3-5 ans si la tension est normale pour les <40 ans

OBJECTIF PRÉVENTION

Le plus souvent, l'hypertension artérielle est la somme de plusieurs causes. Les paramètres en jeu : le patrimoine génétique, l'âge, mais également l'hygiène de vie. Parmi les stratégies payantes pour prévenir la maladie ou limiter son ampleur :

- Miser sur une activité physique régulière et soutenue (par exemple : 5 x 30 minutes d'activité d'intensité modérée par semaine)
- Agir sur le poids en cas de surpoids
- Opter pour une alimentation riche en fruits et légumes, raisonnable en sel, restreinte en viande et en sucre, et comprenant des produits laitiers pauvres en graisses

1 sur 3

La proportion de personnes touchées par l'hypertension artérielle en Suisse

planète santé

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pour la santé
Expert : Dr. Gilbert
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et président de l'Association
suisse des médecins de famille (ASMF)

Hypertension Arteacuterielle L

**Joseph L. Izzo, Henry Richard
Black, Council for High Blood Pressure
Research (American Heart
Association)**

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Hypertension Primer Joseph L. Izzo, Henry Richard Black, Council for High Blood Pressure Research (American Heart Association), 2003 Now in its thoroughly updated Third Edition the Hypertension Primer is a comprehensive readable source of state of the art scientific and clinical information on hypertension The book contains more than 150 short chapters by distinguished experts that cover every aspect of hypertension and its pathogenesis epidemiology impact and management The chapters are grouped into three well organized sections basic science population science and clinical management and each chapter is cross referenced to other relevant chapters Each chapter is easily digestible and begins with a bulleted list of key points

Hypertension in the Elderly L. Michael Prisant, 2007-11-05 A comprehensive review of all aspects of hypertension in the elderly using the most current clinical data Topics range from basic concepts epidemiology and trials and evaluation and management to pharmacologic treatment special populations and adherence all presented with an emphasis on the optimal management of patients The authors examine in detail the mechanisms of hypertension in the elderly the lifestyle trials and outcomes trials that were conducted in older persons as well as the problems of clinical evaluation secondary hypertension adherence and target organ damage Extensive discussions of pharmacologic therapy detail the role of all the major drug classes

Development of the Hypertensive Phenotype David A. Blizard, Richard McCarty, Robert L. Chevalier, 1999 Hardbound The present volume of the Handbook of Hypertension draws together knowledge on the endogenous genetic and exogenous environmental components contributing to the pathogenesis of essential hypertension In the field of hypertension research the importance of adopting a genetic approach to its phenomenology was recognized at an early stage There was early debate concerning the nature of the genetic architecture underlying population variability in blood pressure but today its polygenic nature is generally accepted and is reflected in the design and orientation of human investigations as well as in the heterogeneity of mechanisms that have been unearthed by exploration with diverse animal genetic models Concurrently epidemiological studies have emphasized the contribution of a variety of environmental factors in the etiology of hypertension In particular the contribution of dietary factors smoking and lifestyle to the develop

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1. Understanding the eBook Hypertension Arteacuterielle L
 - The Rise of Digital Reading Hypertension Arteacuterielle L
 - Advantages of eBooks Over Traditional Books
2. Identifying Hypertension Arteacuterielle L
 - 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 Arteacuterielle L
 - User-Friendly Interface

4. Exploring eBook Recommendations from Hypertension Arteacuterielle L
 - Personalized Recommendations
 - Hypertension Arteacuterielle L User Reviews and Ratings
 - Hypertension Arteacuterielle L and Bestseller Lists
5. Accessing Hypertension Arteacuterielle L Free and Paid eBooks
 - Hypertension Arteacuterielle L Public Domain eBooks
 - Hypertension Arteacuterielle L eBook Subscription Services
 - Hypertension Arteacuterielle L Budget-Friendly Options
6. Navigating Hypertension Arteacuterielle L eBook Formats
 - ePub, PDF, MOBI, and More
 - Hypertension Arteacuterielle L Compatibility with Devices
 - Hypertension Arteacuterielle L Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Hypertension Arteacuterielle L
 - Highlighting and Note-Taking Hypertension Arteacuterielle L
 - Interactive Elements Hypertension Arteacuterielle L
8. Staying Engaged with Hypertension Arteacuterielle L
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Hypertension Arteacuterielle L
9. Balancing eBooks and Physical Books Hypertension Arteacuterielle L
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Hypertension Arteacuterielle L
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Hypertension Arteacuterielle L
 - Setting Reading Goals Hypertension Arteacuterielle L
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Hypertension Arteacuterielle L
 - Fact-Checking eBook Content of Hypertension Arteacuterielle L
 - 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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