



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>

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Hypertension Teaching Guide

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