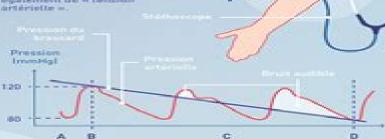
L'hypertension artérielle

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 cérébrate (AVC) ou encore détaillance 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 myocande et d'AVC causés par Chypertension artérielle

COMMENT MESURE-T-ON LA PRESSION ARTÉRIELLE ?

Le pression artérielle correspond à la pression esercée par le sang sur les parois des artères. On parte également de « tension



A. Pose du brassard

Le bresserd est placé ou nivess ou brus, le stétrescope en evel. En porfuet le brasserd è une pression supérieure à la pression artérielle maximale, l'artère du bras est atent accluse et le seng ne passe plus. Aucu-bruit n'est pençu par le stéthosogie.

B. Pression systolique [maximate]

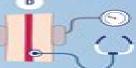
C. Baisse de pression

D. Pression diastolique [minimale]









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

La tension soble par les parois artérielles est étavée. Parmi les censéquences possibles :

· Endommagement des arthres en raison de l'excès de pression et contribution à l'athéresclérese, pouvant causer un infarctus du cœur ou un AVC

 Aggravation d'one insuffisance. cardiague Balblesse du myocardel

. Souffrance au niveau d'organes tels que les reins

Plaque d'athèreme. Management. Hypertension

TRAITEMENTS

- Bioqueura du système
 Marine Marine Marine Marine Marine La contraction des petites artères!

Quand parle-t-on d'hypertension artérielle ?

Loreque la territor attant 130/80-145/Menning à plusieurs reprises. En cas de doute, une mesure sur 24 hours pout être réalisée en ambulatoire lineaurs ambulatoire de la procesion artérielle qu. - MAPS-E.

1 sur 3

La proportion de personnes teuchées par l'hypertension. artérielle en Solose

OBJECTIF PREVENTION

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 empteur:

- Miser sur une activité physique. régulière et poutenue lipar exemple: 5 x 30 minutes d'activité d'intensité modérée par semainel
- . Agir sur le poids en cas de sear poids
- Ooter oour une alimentation riche. en fruits et légumes, raisonnable en sel, restreinte en viande et en sucre, et comprenant des produits. faithers payvies on grainess.

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N Colangelo

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