

HYPERTENSION

What is it?

Hypertension, or high blood pressure, is a condition in which the force of the blood against the artery walls is consistently too high. This can damage blood vessels and lead to serious health problems, such as heart disease, stroke, and kidney disease.

What causes it?

Hypertension can be caused by various factors, including genetics, unhealthy diet (high in salt, fat, and cholesterol), lack of physical activity, being overweight or obese, excessive alcohol consumption, stress, and chronic conditions like kidney disease and diabetes.

What are the symptoms?

Hypertension is often called the "silent killer" because it usually has no symptoms. When symptoms do occur, they may include:

- Severe headache.
- Fatigue or confusion.
- Vision problems.
- Chest pain.
- Difficulty breathing.
- Irregular heartbeat.
- Blood in the urine.

What are the preventive measures?

Preventive measures include maintaining a healthy weight, eating a balanced diet, limiting alcohol, avoiding smoking, managing stress, and regularly monitoring blood pressure.

How is it diagnosed?

Diagnosis involves blood pressure measurements, ambulatory blood pressure monitoring, blood tests, urinalysis, ECG, and echocardiogram.

How is it treated?

Treatment for hypertension includes:

- Medications such as diuretics, ACE inhibitors, beta-blockers, calcium channel blockers, and others to lower blood pressure.
- Lifestyle changes, including dietary adjustments, increased physical activity, weight management,