

A Report on Hypertension

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Brief Report

Hypertension (HTN or HT) is a long-term medical disorder characterised by abnormally high blood pressure in the arteries. Blood pressure is the force exerted by circulating blood on the walls of the body's arteries, or major blood vessels. Hypertension is a condition in which blood pressure is abnormally high. Blood pressure is measured using a two-digit number. The first number (systolic) indicates the pressure in blood vessels when the heart contracts or beats [1]. The second number (diastolic) refers to the pressure in the arteries while the heart is not beating. When the systolic blood pressure readings on two different days are both less than 140 mmHg and/or the diastolic blood pressure readings are both fewer than 120 mmHg, hypertension is diagnosed [2].

Primary (essential) hypertension and secondary hypertension are the two types of high blood pressure. Primary hypertension is characterised as high blood pressure caused by nonspecific lifestyle and inherited factors in 90–95 percent of people. Excess salt in the diet, obesity, smoking, and excessive alcohol consumption are all risk factors. Secondary high blood pressure, which is defined as high blood pressure caused by an identifiable cause such as chronic renal sickness, constriction of the kidney arteries, an endocrine problem, or the use of birth control pills, accounts for the remaining 5–10% of cases [3].

The systolic and diastolic pressures, which are the maximum and minimum pressures, respectively, are used to classify blood pressure. At rest, most people's blood pressure is between 100 and 130 millimetres mercury (mmHg) systolic and 60 to 80 mmHg diastolic. Most persons have high blood pressure if their resting blood pressure is consistently 130/80 or 140/90 mmHg or higher. Children have different numbers. Ambulatory blood pressure monitoring appears to be more accurate than office-based blood pressure measurement during a 24-hour period [4].

Blood pressure can be lowered and the risk of health issues reduced by making lifestyle changes and using drugs. Weight loss, physical activity, reduced salt intake, reduced alcohol intake, and a balanced diet are all examples of lifestyle modifications. Blood pressure medicines are used if lifestyle improvements are insufficient. Blood pressure can be controlled in 90% of persons by taking up to three drugs at the same time [5]. Medication treatment for moderately high arterial blood pressure (defined as >160/100 mmHg) is linked to a longer life expectancy. Treatment of blood pressure between 130/80 mmHg and 160/100 mmHg has a mixed record of effectiveness, with some studies indicating benefits and some have discovered an ambiguous benefit. Between 16 and 37 percent of the world's population suffers from high blood pressure. In 2010, hypertension was thought to be the leading cause of death in the United States [6].

Signs and symptoms

Hypertension is rarely accompanied by symptoms, and it is typically

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discovered through screening or when seeking medical help for something unrelated. High blood pressure can cause headaches (particularly at the back of the head and in the morning), as well as lightheadedness, vertigo, tinnitus (ringing or hissing in the ears), impaired vision, and fainting spells. On the other hand, these symptoms could be caused by anxiety rather than high blood pressure. Hypertension may be linked to abnormalities in the ocular fundus discovered during a physical examination using ophthalmoscopy. The severity of abnormalities in hypertensive retinopathy is classified from I through IV, with grades I and II being difficult to differentiate. The severity of retinopathy is related to the degree of retinopathy [7].

The force produced by circulating blood on the walls of the body's arteries, or major blood vessels, is known as blood pressure. Hypertension is a disorder characterised by unusually high blood pressure. A two-digit number is used to calculate blood pressure. When the heart contracts or beats, the first number (systolic) represents the pressure in blood vessels. The second number (diastolic) relates to the artery pressure while the heart is not beating. When the systolic blood pressure readings on two different days are both 140 mmHg and/or the diastolic blood pressure readings on both days are 90 mmHg, hypertension is diagnosed. Physical inactivity, cigarette and alcohol use, and being overweight or obese are all modifiable risk factors, as are excessive salt consumption, a diet heavy in saturated fat and trans fats, and a lack of fruits and vegetables. A family history of hypertension, age over 65, and co-existing disorders like diabetes or kidney disease are all non-modifiable risk factors [8].

Hypertension is commonly referred to as a "silent killer." Because hypertension has no warning signs or symptoms, the majority of people are unaware that they have it. As a result, blood tests are required. Early morning headaches, nosebleeds, abnormal heart rhythms, visual alterations, and ringing in the ears are some of the symptoms. Fatigue, nausea, vomiting, confusion, anxiety, chest pain, and muscle tremors are all symptoms of severe hypertension. Having your blood pressure examined by a medical practitioner is the only way to know if you have hypertension. Taking your blood pressure is a simple and painless process. Although anyone can monitor their blood pressure with an automated device, a health professional's examination is essential to establish risk and related illnesses [9-10].

Hypertension has the potential to affect the heart, among other things. Excessive pressure can cause arteries to stiffen, restricting blood and oxygen flow to the heart. High blood pressure combined with a reduction in blood flow can cause:

- Chest pain is referred to as angina.
- A heart attack occurs when the heart's blood flow is interrupted, resulting in the death of heart muscle cells due to a lack of oxygen. The longer blood flow is restricted, the more damage is done to the heart.
- When the heart is unable to pump enough blood and oxygen to the body's other vital organs, heart failure occurs.
- An abnormal heartbeat might cause sudden death.
- Hypertension can lead to a stroke if arteries supplying blood and oxygen to the brain burst or become blocked.

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