

Effects of High Blood Pressure on Brain

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Introduction

Hypertension is assessed as a disorder. But your heart and blood vessels aren't the sole parts of your body that would be damaged by high vital sign. Your brain, with its constant need for oxygen and nutrients, is additionally extremely vulnerable.

High Vital Sign Increases Your Risk of Stroke

One of the scariest consequences of getting high vital sign is it increases your chances of getting a stroke. High vital sign can weaken or damage your blood vessels, which may cause them to leak or maybe burst inside your brain. Weakened blood vessels can also be more likely to experience blockages which will prevent oxygen-rich blood from flowing to the brain. Those conditions can cause a stroke.

A stroke can and sometimes does affect your body, causing weakness or paralysis, also as other problems, like loss of bladder and bowel control and problems with swallowing. But a stroke also can influence:

Your speech and language abilities: It's not uncommon for people recovering from a stroke to possess trouble putting words together to form coherent sentences.

Your memory: You'll have memory lapses and trouble thinking straight for a short time after having a stroke.

Your psychological state: After a stroke, you'll feel very scared and anxious. You'll experience other changes in your mood, concentration, and even your judgment.

The higher your vital sign, the upper your stroke risk, too. High vital sign is linked with depression and anxiety. Anxiety and depression can raise your risk of developing high vital sign. They will lead you to enjoys coping behaviors which will cause high vital sign, like overeating and gaining weight, smoking, and drinking excessive amounts of alcohol. And depression can make it harder for you to regulate your vital sign.

But having high vital sign also can frustrate and worry you, especially if you've got trouble controlling it. Which will exacerbate the anxiety and depressive

feelings you'll already be experiencing. However, support groups and counseling may help.

High vital sign increases your risk of developing dementia

Research shows a link between cognitive decline and high vital sign. Your blood vessels deliver oxygen-rich blood to your brain, nourishing and sustaining it. Damage to any of these blood vessels - like the damage caused by high blood pressure can interfere with or reduce the healthy flow of blood. When your brain cells are bereft of oxygen and nutrients, you'll start to point out signs of cognitive impairment.

A growing number of studies suggest high vital sign seems to accelerate the event of a kind of connective tissue within the brain. Over time, the scars build up and cause dementia, which is that the term for a decline in mental abilities that's severe enough to interfere together with your ability to perform the everyday activities of life.

Hypertension does increase your risk of mild cognitive impairment, but more importantly, it can increase your risk of developing more serious conditions, like vascular dementia or Alzheimer's disease, later in life.

Vascular dementia: Vascular dementia, or vascular cognitive impairment, which frequently occurs after a stroke, is that the second commonest sort of dementia. It can start out with relatively mild problems with thinking skills that tend to worsen as time goes by. Or symptoms like confusion, disorientation, and trouble with speech and language can show up suddenly after a stroke. Research suggests the damage caused to blood vessels by high vital sign can accelerate this sort of cognitive impairment.

Alzheimer's disease: Alzheimer's disease is that the commonest sort of dementia, causing between 60 and 80% of cases. It's characterized by plaques and tangles build up within the brain. you'll not be ready to change any risk you've got for Alzheimer's supported a case history of the disease, but you'll work on controlling your vital sign so it doesn't further damage the vulnerable network of blood vessels sustaining your brain.

Keeping your vital sign down now may help decrease your risk of developing cognitive impairment or dementia, also as reducing your chances of getting a stroke. Ask your doctor about the simplest path forward for you, supported your history and other risk factors. You'll get to embrace certain lifestyle changes, like eating a low-salt diet and getting regular exercise, but you'll even be a candidate for medication, too.

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