

# Hypertension: Its stages, Medication and Diet

Azra Sultana\*

National University of Sciences, Islamabad, Pakistan

## Introduction

A condition in which the blood exerts too much power against the arterial walls. Hypertension is typically described as a blood pressure reading of 140/90 or higher, with a reading of 180/120 being considered severe. Symptoms of high blood pressure are often absent. If left untreated, it can lead to health problems like heart disease and stroke. Lowering blood pressure can be as simple as eating a healthy diet with less salt, exercising regularly, and taking medication.

**Stages:** Stage 1 hypertension is defined as a systolic pressure between 130 and 139 mm Hg or a diastolic pressure between 80 and 89 mm Hg. Stage 2 hypertension is defined as a systolic pressure of 140 mm Hg or greater, or a diastolic pressure of 90 mm Hg or above.

A blood pressure reading of more than 180/120 mm Hg is a medical emergency that necessitates immediate medical attention. Wait five minutes and recheck if you receive this result when taking your blood pressure at home. If your blood pressure remains high, see your doctor right away. Call your local emergency medical number if you also have chest discomfort, visual issues, numbness or weakness, breathing difficulty, or any other signs and symptoms of a stroke or heart attack. Blood pressure naturally fluctuates throughout the day and may rise during a doctor visit (white coat hypertension). Your doctor will most likely take many blood pressure readings at three or more different appointments.

The sort of high blood pressure medication your doctor recommends is determined by your blood pressure readings and overall health. Two or more blood pressure medications are generally more effective than one. Finding the most effective prescription or drug combination might be a trial and error

process. The following class of medications are used to treat high blood pressure:

- Diuretics
- Beta-blockers
- ACE inhibitors
- Angiotensin II receptor blockers
- Calcium channel blockers
- Alpha blockers
- Alpha-2 Receptor Agonists
- Combined alpha and beta-blockers

However, making lifestyle adjustments, such as dietary changes, can help you lower your blood pressure and lower your risk of heart disease. All patients with high blood pressure, especially those using blood pressure drugs, should eat a nutritious, heart-healthy diet. A healthy diet is vital for decreasing blood pressure and maintaining ideal levels, and research has shown that eating certain foods, particularly those high in key nutrients like potassium and magnesium, lowers blood pressure.

Students usually when studying hypertension pay more attention on the causes of hypertension and how it is treated, they sometimes neglect the pathophysiology of the hypertension a

The study concludes that there is moderate knowledge of hypertension among undergraduate physiotherapy students and there is a need to increase awareness of hypertension of students and how it affects an individual's lifestyle.

**\*Address for Correspondence:** Azra Sultana, National University of Sciences, Islamabad, Pakistan, Email: sultana.a90@rediffmail.com

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