

A Current Perspective on Global Prevalence of Hypertension

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Introduction

Cardiovascular diseases are the leading causes of mortality worldwide and hypertension is one of the major risk factors for such cardiovascular ailments. Hypertension also contributes to chronic kidney disease and overall premature death worldwide. Nearly one-third of the total world population is reportedly affected by hypertension and the prevalence of hypertension has increased in low-income and developing countries especially among adults. Physiologically, hypertension is the result of a disorder in the salt-water balance and/or cardiovascular function involving renin-angiotensin-aldosterone system and the sympathetic nervous system, and probably certain immunomodulatory systems. The use of antihypertensive drugs has increased over the past few years and as a result, the mean blood pressure across the world has either remained constant or decreased slightly. There are several risk factors for hypertension including high sodium intake, low potassium intake, chronic degenerative diseases, intake of alcoholic beverages, sedentary lifestyle, imbalanced and improper diet. Hypertension has an invariable link to economic status and is one of the global public health challenges. Therefore, effective strategies need to be devised for the prevention, control, and treatment of hypertension, particularly among economically lagging countries. There is a greater need for devising health policies for large-scale screening and management of hypertension and adopt guidelines for overall control of hypertension among populations along with enhanced allocation of funds and resources for research on hypertension.

Journal of hypertension was established in the year 2012 and publishes peer-reviewed articles on wide aspects of hypertension at a quarterly frequency. The editorial board of this open-access journal is comprised of eminent

scientists and academicians from eleven different countries. The journal offers fast-tracked publication of all types of science communication formats on blood pressure, portal hypertension; etiology, prevention, treatment and management, hypertension; clinical examination, and diagnosis of hypertension; treatment for hypertension; angiotensin; cellular and clinical manifestations of hypertension. The journal focuses on furnishing concise and evidence-based reports on the current understanding and clinical practices for management of hypertension while promoting the care of hypertension-affected patients and promulgating up-to-date suggestions and recommendations by the experts. The journal publishes both clinical investigations as well as management strategies and helps in decision-making via an easily accessible platform. The archived scholarly content of the journal forms a direct reference source for cardiologists, medical interns, nephrologists, academicians, physiologists, pathologists, and pharmacists.

The current issue comprises of a review on detection of cardiac dysfunction and coronary artery disease, a case report on the management of COVID-19 and cardiovascular disease in a hospital setup, a research article on socio-demographic and clinical predictors of hypertension and type 2 diabetes, a systematic review on the prevalence of prehypertension among the adolescent population and a research article on prevention of hypertension among adults. These peer-reviewed articles are of immense significance in devising effective and improved strategies for not only the prevention but also treatment and management of hypertension. I congratulate the editors, journal management, and production teams for the successful compilation and timely release of this issue. I look forward to the compilation of the subsequent regular and special issues of the Journal.

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