

Cardiac Hypertension

Amanda Arthur*

Department of Spine, Osmania University, Hyderabad, Telangana, India

Introduction

Heart disorders induced by high blood pressure are referred to as hypertensive heart disease. Different cardiac problems are caused by the heart functioning under greater strain. Heart failure, thickening of the heart muscle, coronary artery disease, and other disorders are all symptoms of hypertensive heart disease. Hypertensive heart disease can be dangerous to one's health. High blood pressure is the major cause of death.

Description

The arteries and muscles of the heart are generally involved in heart issues caused by excessive blood pressure. The following are examples of hypertensive heart disease:

Atherosclerosis (narrowing of the arteries)

Coronary arteries are vessels that carry blood to the heart muscle. When blood arteries narrow due to high blood pressure, blood flow to the heart might halt or stop. Coronary heart disease (CHD), also known as coronary artery disease, is the name given to this ailment. CHD makes it harder for your heart to pump blood to the rest of your body's organs. A blood clot that gets caught in one of the constricted arteries and cuts off blood supply to your heart can put you at risk for a heart attack.

The heart becomes thicker and larger: Your heart has a hard time pumping blood if you have high blood pressure. Regular hard exertion encourages your heart muscles to thicken and expand, just like other muscles in your body. The heart's function is altered as a result of this. The left ventricle, the heart's main pumping chamber, is where these changes normally occur. Left ventricular hypertrophy is the medical term for this ailment (LVH). LVH can be caused by CHD, and vice versa. Your heart has to work harder when you have CHD. The coronary arteries may be compressed if your heart is enlarged by LVH.

Complications

Heart failure: your heart is unable to pump enough blood to the rest of your body, arrhythmia: your heart beats erratically, and LVH: your heart is unable to pump enough blood to the rest of your body. Ischemic heart disease: your heart doesn't get enough oxygen, heart attack: blood supply to the heart is disrupted, and the heart muscle dies from a lack of oxygen, sudden cardiac arrest: your heart stops beating, you stop breathing, and you lose consciousness, stroke, and sudden death.

To help discover the cause of your symptoms, one or more of the following tests may be used: The electrical activity of your heart is monitored and recorded by an electrocardiogram. Patches will be applied to your chest, legs, and arms by your doctor. Your doctor will interpret the results, which will be displayed on a screen. An echocardiogram uses ultrasound to provide a precise image of your heart. Coronary angiography is a procedure that checks the blood flow in your coronary arteries. A catheter is a tiny tube that is put into your heart through your groin or an artery in your arm. The purpose of an exercise stress test is to see how exercise affects your heart. A nuclear stress test checks the flow of blood into the heart and may require you to cycle an exercise bike or walk on a treadmill. Typically, the test is done while you are resting or active [1-5].

Conclusion

One of the most important methods to prevent hypertensive heart disease is to keep track of your blood pressure and prevent it from rising too high. The greatest method to prevent heart problems is to lower your blood pressure and cholesterol by eating a healthy diet and keeping track of your stress levels. Common lifestyle recommendations include maintaining a healthy weight, getting enough sleep, and exercising on a regular basis. Discuss measures to improve your general health with your doctor.

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*Address for Correspondence: Amanda Arthur, Department of Spine, Osmania University, Hyderabad, Telangana, India, E-mail: arthuramanda26@gmail.com

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