

Benign Essential Hypertension and Its Treatment and Diet

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Editorial

Blood pressure is the force of your blood pushing against the walls of your highways. Each time your heart beats, it pumps blood into the highways. Your blood pressure is loftiest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is called diastolic pressure.

Your blood pressure reading uses these two figures. Generally the systolic number comes ahead or above the diastolic number. For illustration, 120/80 means a systolic of 120 and a diastolic of 80.

High blood pressure generally has no symptoms. So the only way to find out if you have it's to get regular blood pressure checks from your health care provider. Your provider will use a hand, a stethoscope or electronic detector, and a blood pressure cuff. He or she'll take two or further readings at separate movables before making a diagnosis. For children and teens, the health care provider compares the blood pressure reading to what's normal for other kiddies who are the same age, height, and coitus.

Different types

Primary, or essential, high blood pressure is the most common type of high blood pressure. For utmost people who get this kind of blood pressure, it develops over time as you get aged.

Secondary high blood pressure is caused by another medical condition or use of certain drugs. It generally gets better after you treat that condition or stop taking the drugs that are causing it.

Treatments

Treatments for high blood pressure include heart-healthy life changes and drugs.

You'll work with your provider to come up with a treatment plan. It may include only the life changes. These changes, similar as heart-healthy eating and exercise, can be veritably effective. But occasionally the changes don't control or lower your high blood pressure. Also you may need to take drug. There are different types of blood pressure drugs. Some people need to take further than one type.

Still, treating that condition or stopping the drug may lower your blood pressure, if your high blood pressure is caused by another medical condition or drug.

Diet

People can help high blood pressure by following a heart-healthy diet.

- Reducing swab input
- High sodium consumption contributes Trusted Source to high blood pressure.

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The main source of sodium in the diet is swab.

• The American Heart Association recommends that people without hypertension consume lower than milligrams (mg) of sodium per day. This roughly equates to one tablespoon. People with hypertension should consume lower than mg of sodium per day to manage their condition.

• Lowering swab input can benefit Trusted Source people with and without hypertension.

• Moderating alcohol consumption

• Moderate to inordinate alcohol consumption can increase blood pressure.

The American Heart Association recommends an outside of two alcoholic drinks Trusted Source per day for men, and one for women.

The following would count as one drink

• a 12-ounce (oz) bottle of beer

• 4 oz of wine

• 1.5 oz of 80- evidence spirits

• 1 oz of 100- evidence spirits

A healthcare professional can help people reduce consumption if they find it delicate to moderate their alcohol input.

Eating further fruits and vegetables and lower fat

People who have high blood pressure or people at high threat for developing high blood pressure should reduce their input of impregnated fats in favor of unsaturated forms.

Learn further about impregnated and unsaturated fats then.

Experts recommend Trusted Source that those with high blood pressure prioritize further heart-healthy foods, similar as

• whole grain, high fiber foods

• a variety of fruits and vegetables

• Beats, similar as chickpeas, sap, and lentils

• nuts

• fish rich in omega-3 doubly per week

• no tropical vegetable canvases, similar as olive canvas

• skinless flesh and fish

• low fat dairy products

Still, it's important to avoid Tran's fats, hydrogenated vegetable canvases, if a person has high blood pressure or wished to maintain moderate blood pressure.

Still, omega-3 adipose acids, similar as those in unctuous fish and olive canvas, have defensive goods on the heart. Still, these are still fats. While they're generally healthy, people with a threat of hypertension should still include them in their total fat input.

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