

Hypertensive Heart Diseases

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Introduction

Hypertensive heart disease is characterised by structural and functional changes in the left ventricle, left atrium, and coronary arteries as a result of chronic blood pressure elevation, which raises the workload on the heart. Hypertrophy of the left ventricle, which may lead to heart failure, is one of these changes; patients with left ventricular hypertrophy have substantially higher morbidity and mortality. In the end, hypertensive heart disease includes all of the direct and indirect consequences of chronic high blood pressure, including systolic or diastolic heart failure, conduction arrhythmias, particularly atrial fibrillation and increased risk of coronary artery disease. This activity examines the assessment of hypertensive heart disease and the function of the interprofessional team in its management. Different heart problems are caused by the heart functioning under increased pressure. Heart failure, thickening of the heart muscle, coronary artery disease, and other disorders are all symptoms of hypertensive heart disease.

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

Narrowing of the arteries

Coronary arteries are vessels that carry blood to the heart muscle. When blood vessels narrow due to high blood pressure, blood flow to the heart may slow or stop. Coronary heart disease (CHD), also known as coronary artery disease, is the name given to this disorder. CHD makes it impossible for your heart to pump blood to the rest of the body's organs. A blood clot that gets trapped in one of the narrowed arteries and cuts off blood flow to your heart will put you at risk for a heart attack.

Thickening and enlargement of the heart

Your heart has a hard time pumping blood if you have high blood pressure. Daily hard work causes your heart muscles to thicken and expand, much like other muscles in your body. The heart's structure is altered as a result of this. The left ventricle, the heart's largest pumping chamber, is where these changes normally occur. Left ventricular hypertrophy is the medical term for this disorder (LVH). LVH can be caused by CHD, and vice versa. Your heart has to work harder when you have CHD. The coronary arteries can be compressed if the heart is enlarged by LVH.

Complications

Both CHD and LVH can lead to:

heart failure: Your heart is unable to pump enough blood to your other organs.

arrhythmia: Your heart is beating irregularly.

ischemic heart disease: The oxygen supply to your heart is insufficient.

heart attack: The heart's blood supply 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 all at once.

Sudden death and stroke

Who is at risk for hypertensive heart disease?

In the United States, heart disease is the leading cause of death for both men and women. Every year, over 610,000 Americans die from heart failure, according to a reliable source.

High blood pressure is the most important risk factor for hypertensive heart disease. If you do any of the following, you're at a higher risk:

- you're overweight
- you don't exercise enough
- you smoke
- you eat food high in fat and cholesterol

If heart disease runs in your side, you're more likely to get it. Men are more likely than women who have not gone through menopause to develop heart disease. Men and postmenopausal women are both vulnerable. Regardless of the gender, your risk of heart disease rises as you get older.

Identifying the symptoms of hypertensive heart disease

Symptoms differ depending on the severity of the disorder and the disease's progression. You may have no symptoms or you may have the following symptoms:

- chest pain (angina)
- tightness or pressure in the chest
- shortness of breath
- fatigue
- pain in the neck, back, arms, or shoulders
- persistent cough
- loss of appetite
- leg or ankle swelling

Regular physical examinations will reveal whether or not you have high blood pressure. If you do have elevated blood pressure, be on the lookout for heart attack signs.

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