

# Understanding Hypertension: The Silent Gun and How to Control it and its Difficulties

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## Introduction

Hypertension, also known as high blood pressure, is a common medical condition that affects millions of people worldwide. It is characterized by elevated blood pressure levels which can increase the risk of heart disease, stroke and other health complications. Blood pressure is measured in millimeters of mercury (mmHg) and consists of two numbers: the systolic pressure the top number and the diastolic pressure the bottom number. The systolic pressure measures the force of blood against the artery walls when the heart beats while the diastolic pressure measures the force of blood against the artery walls when the heart is at rest.

A blood pressure reading of 120/80 mmHg is considered normal. However, if the systolic pressure is consistently higher than 130 mmHg or the diastolic pressure is consistently higher than 80 mmHg, a person is considered to have hypertension. There are two types of hypertension: primary (essential) hypertension and secondary hypertension. Primary hypertension is the most common type and has no identifiable cause. Secondary hypertension, on the other hand, is caused by an underlying medical condition, such as kidney disease, hormonal disorders, or certain medications [1].

## Description

Hypertension is often referred to as the "silent killer" because it often has no symptoms until it reaches a severe stage. However, some people may experience symptoms such as headaches, dizziness, blurred vision and chest pain. If left untreated, hypertension can cause damage to the heart, blood vessels and other organs, leading to serious health problems such as heart attack, stroke, kidney failure and vision loss. Fortunately, hypertension can be managed and controlled with lifestyle changes and medications. Lifestyle changes include maintaining a healthy weight, eating a healthy diet such as the DASH diet, reducing salt intake, limiting alcohol consumption, quitting smoking and getting regular exercise. Medications for hypertension include diuretics, beta-blockers, calcium channel blockers, ACE inhibitors and angiotensin receptor blockers (ARBs).

It is important to monitor blood pressure regularly and to seek medical attention if it consistently reads above 130/80 mmHg. Hypertension can be managed with the help of healthcare professionals and early detection and treatment can prevent serious complications. Hypertension is a common medical condition that affects millions of people worldwide. It is important to be aware of the risk factors, symptoms and treatment options for hypertension to prevent serious complications. With lifestyle changes and medications,

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hypertension can be managed and controlled, allowing people to live healthy and productive lives [2]. Heart disease is a serious medical condition that affects millions of people worldwide. It is a broad term that refers to any disorder that affects the heart and blood vessels, including coronary artery disease, arrhythmias and heart failure. In this article, we will discuss the causes, risk factors, symptoms, diagnosis and treatment of heart disease.

## Causes of heart disease

Heart disease is often caused by a buildup of plaque in the arteries, which can narrow the blood vessels and reduce blood flow to the heart. Plaque is made up of cholesterol, fat and other substances that can accumulate on the walls of the arteries over time. As plaque builds up, it can cause the arteries to become stiff and narrow, leading to a condition called atherosclerosis.

## Risk factors for heart disease

There are several risk factors that can increase a person's risk of developing heart disease. These include:

High blood pressure, High cholesterol, Smoking, Obesity, Lack of physical activity, Diabetes, Family history of heart disease, Age (the risk of heart disease increases with age).

## Symptoms of Heart Disease

The symptoms of heart disease can vary depending on the type and severity of the condition. Some common symptoms of heart disease include Chest pain or discomfort, Shortness of breath, Fatigue, Swelling in the legs, ankles, or feet, Irregular heartbeat, Dizziness or lightheadedness, Nausea or vomiting. It is important to note that some people with heart disease may not experience any symptoms, especially in the early stages of the condition [3].

## Diagnosis of heart disease

To diagnose heart disease, a healthcare provider may perform several tests, including Physical exam and medical history: A healthcare provider will ask about the patient's symptoms, medical history and risk factors for heart disease, Electrocardiogram (ECG): This test measures the electrical activity of the heart and can detect abnormal heart rhythms or damage to the heart muscle, Echocardiogram: This test uses ultrasound to create images of the heart and can detect abnormalities in the heart's structure or function, Stress test: This test measures the heart's response to physical activity and can detect reduced blood flow to the heart, Cardiac catheterization: This test involves threading a thin tube through a blood vessel to the heart and injecting a contrast dye to visualize the arteries and blood flow.

## Treatment of heart disease

The treatment of heart disease depends on the type and severity of the condition. Some common treatments for heart disease include Lifestyle changes: Making lifestyle changes, such as eating a healthy diet, getting regular exercise, quitting smoking and reducing stress, can help manage and prevent heart disease. There are several medications that can help treat heart disease, including blood pressure medications, cholesterol-lowering medications and blood-thinning medications.

**Procedures and surgeries:** In some cases, procedures or surgeries may be necessary to treat heart disease. These can include angioplasty and stenting, coronary artery bypass surgery and heart valve surgery.

## Prevention of heart disease

There are several steps that people can take to reduce their risk of developing heart disease. These include eating a healthy diet that is low in saturated and trans fats, cholesterol and sodium, getting regular exercise, maintaining a healthy weight, quitting smoking, managing stress, Managing chronic conditions such as high blood pressure and diabetes Heart disease is a serious medical condition that affects millions of people worldwide. It is caused by a buildup of plaque in the arteries, which can lead to reduced blood flow to the heart. There are several risk factors for heart disease, including high blood pressure, high cholesterol, smoking and obesity [4].

## Management of difficult to control hypertension

Hypertension, also known as high blood pressure, is a common condition that affects millions of people worldwide. In many cases, hypertension can be controlled with lifestyle changes and medications. However, there are some people who have difficult-to-control hypertension, which means that their blood pressure remains high despite treatment. In this article, we will discuss the management of difficult-to-control hypertension. There are several reasons why some people may have difficult-to-control hypertension. These include:

**Resistance to medication:** Some people may be resistant to the effects of medication, which means that the medication is not effective at reducing their blood pressure. Underlying medical conditions: Certain medical conditions, such as kidney disease, thyroid problems, or sleep apnea, can contribute to difficult-to-control hypertension.

**Lifestyle factors:** Poor diet, lack of physical activity and excess alcohol consumption can all contribute to difficult-to-control hypertension.

**Genetic factors:** Some people may have a genetic predisposition to hypertension, which can make it more difficult to control. The management of difficult-to-control hypertension involves a comprehensive approach that addresses the underlying causes of the condition. Here are some strategies that can be used to manage difficult-to-control hypertension:

**Lifestyle changes:** Lifestyle changes are an important part of managing difficult-to-control hypertension. These can include:

**Getting regular exercise:** Regular physical activity can help lower blood pressure and improve overall health.

**Limiting alcohol consumption:** Excessive alcohol consumption can contribute to hypertension, so it is important to limit alcohol intake.

**Managing stress:** Stress can contribute to hypertension, so it is important to find ways to manage stress, such as meditation, yoga, or deep breathing exercises.

**Medications:** There are several medications that can be used to manage difficult-to-control hypertension. These can include:

**Diuretics:** These medications help the body eliminate excess fluid and salt, which can help lower blood pressure.

**ACE inhibitors:** These medications help relax blood vessels and lower blood pressure.

**Calcium channel blockers:** These medications help relax blood vessels and lower blood pressure.

**Beta blockers:** These medications help slow the heart rate and lower blood pressure.

**Treatment of underlying medical conditions:** If there is an underlying medical condition contributing to difficult-to-control hypertension, such as kidney disease or sleep apnea, it is important to treat that condition to help lower blood pressure. Referral to a specialist: In some cases, a referral to a hypertension specialist may be necessary. These specialists have expertise in managing difficult-to-control hypertension and can help develop a personalized treatment plan [5].

## Conclusion

Difficult-to-control hypertension can be a challenging condition to manage. However, with a comprehensive approach that includes lifestyle changes, medications, treatment of underlying medical conditions and referral to a specialist if necessary, it is possible to control blood pressure and improve overall health. If you have difficult-to-control hypertension, talk to your healthcare provider about the best treatment options for you.

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## Conflict of Interest

None.

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