

## What U Need to Know About Hypertension

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### Abstract

Hypertension is a silent, invisible killer that rarely causes symptoms is a major public health problem. Increasing public awareness can access to early detection. National Family Health has conducted a survey in 2017 by screening 22.5 million adults across 100 districts in Indian has concluded that One in every eight Indian suffers from high blood pressure. The survey, conducted by the Union health ministry, also concluded that 8.6% of India's population has hypertension. Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths. Hypertension is generally defined as persistent elevation of Systolic Blood pressure above 140 mm of Hg and Diastolic Blood pressure above 90 mm of Hg. To detect hypertension the BP has to be recorded on at least two or more readings on different data after an initial screening is to be found higher than normal. The common causes are diabetes, obesity, smoking, alcohol consumption, high salt intake, physical inactivity, stress, endocrine/thyroid disorders, or pregnancy. The possible complications of hypertension are heart failure, coronary artery disease, stroke, kidney failure, blindness and peripheral arterial disease (PAD). Hypertension is preventable and treatable once it is detected. The good news is that there are treatment options available. Lifestyle changes forms the cornerstone of blood pressure management. If this approach isn't effective there are many hypertension medications that can be prescribed. Our health is in our hands. Don't let an invisible, silent killer steal years of our life away.

**Keywords:** *Peripheral Arterial Disease; Hypertension; Life Style; Stress*

### Introduction

An elevated arterial pressure is probably the most important public health problem in developed countries [1]. Hypertension is a silent, invisible killer that rarely causes symptoms. Increasing public awareness is key, as is access to early detection [2].

National Family Health has conducted a survey in 2017 by screening 22.5 million adults across 100 districts in Indian has concluded that One in every eight Indian suffers from high blood pressure. The survey, conducted by the Union health ministry, also concluded that 8.6% of India's population (10.4% men, 6.7% women) has hypertension [3]. Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths [2].

In a white suburban population nearly one-fifth of individual have blood pressure > 160/95 mmHg, while almost one-half have 140/90mmHg. In female the prevalence is associated with increasing age above 50. This increase presumably related to the hormonal; changes of menopause, although the mechanism is unclear. Thus, the ratio of hypertension frequency in women verses men increases from 0.6 to 0.7 at age 30 to 1.1 to 1.2 at age 65 [1].

High blood pressure is generally defined as persistent elevation of Systolic Blood pressure above 140 mm of Hg and Diastolic Blood pressure above 90 mm of Hg. It is a condition in which the BP on at least two or more readings on different data after an initial screening is to be found higher than normal [4-6].

Exact cause of hypertension is unknown. But many factors contribute in developing hypertension. The common causes are diabetes, obesity, smoking, alcohol consumption, high salt intake, physical inactivity, stress, endocrine/thyroid disorders, or pregnancy [7].

Usually hyper-pressure does not show any symptoms for years or even decades.... So, it is important to check blood pressure regularly.

Blood pressure Levels: Normal systole: less than 120 mmHg, diastolic: less than 80 mmHg [8].

At risk (prehypertension) systolic: 120-139mmHg, diastolic: 80-89 mmHg [9].

High systolic: 140 mmHg or higher, diastolic: 90 mmHg or higher.

High blood pressure results in the heart having to work harder to push the blood forward to supply the body. The strain on the heart results in the heart wall thickening and more difficult in supplying blood, nutrients and oxygen to heart muscles which can results in heart failure or heart attack. Heart attack is the leading cause of death worldwide which happens slowly due high blood pressure. Having high blood pressure puts us at risk of various diseases. The possible complications of hypertension are heart failure, coronary artery disease, stroke, kidney failure, blindness and peripheral arterial disease (PAD) [8]. According to the Centers for Disease Control and Prevention, 69% of people who have a first heart attack and 77% of people who have a first stroke also suffer from high blood pressure.

The World Health Organization notes high blood pressure is preventable and treatable once it is detected, often leads to lethal complications if left untreated. It is urging all adults around the world to get their blood pressure measured so they can take steps to control it [10].

The good news is that there are treatment options available. Mild hypertension can be initially treated with lifestyle modification such as losing weight, curtailing salts intake and increasing activity level, eating a balance diet, exercising regularly, avoiding tobacco use and overindulgence in alcohol. If this approach isn't effective there are many hypertension medications that can be prescribed [8].

“Lifestyle changes forms the cornerstone of blood pressure management”.

Hypertension lifestyle modification tips [1]:

- L- Limit salt intake and alcohol
- I- Include daily potassium, calcium and magnesium
- F- Fight fat and cholesterol
- E- Exercise regularly
- S- Stress Management
- T- Try to quit smoking
- Y- Your medication has to be taken daily
- L- Loose weight
- E- End stage complication will be avoided

### Conclusion

High blood pressure must be taken seriously. Usually hypertension does not show any symptoms for years or even decades.... So it is important that we take advantage of the early warning signals by taking our blood pressure regularly, avoiding tobacco use and overin-

dulgence in alcohol. Several patients need medications to keep their blood pressure in the target range of less than 140 mmHg systolic and less than 90 mmHg diastolic.

Let's follow the following messages... Be safe. Know our blood pressure. Act smart. Shape up your lifestyle. Follow recommendations for medication and safe-care meticulously.

Our health is in our hands. Don't let an invisible, silent killer steal years of our life away [9,11].

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