Hypertension (high blood pressure)
What do your blood pressure numbers mean?

120 80

Systolic

Diastolic

A normal blood pressure is 120/80mm of Hg

**Systolic pressure:** the pressure of the blood when your heart beats to pump blood out

**Diastolic pressure:** the pressure of the blood when your heart rests in between beats
What is normal blood pressure?

Blood pressure is the force of blood against your artery walls as it circulates through your body.

**Systolic pressure:** the pressure of the blood when your heart beats to pump blood out

**Diastolic pressure:** the pressure of the blood when your heart rests in between beats

When this pressure is too high over a long period of time, it puts strain on the walls of the arteries, and that begins to create complications.
Symptoms of high blood pressure

Most patients with high blood pressure have no symptoms unless their blood pressure is very high.

Common symptoms are

- headache
- dizziness
- noticeable irregular heart beats

High blood pressure is a SILENT KILLER
Symptoms of high blood pressure

• Most people think of a **dizziness or headache** as common symptoms of hypertension.
• However, **most patients with hypertension have no symptoms** unless their blood pressure is very high.
• As such, patients are tempted to skip their regular check-ups or even their medication because they lack symptoms.
• However, untreated hypertension with no symptoms can cause stroke, heart failure, myocardial infarction, or even death.
• This is why hypertension is called a **“silent killer”** because it can end your life suddenly without warning signs.
• It should be emphasized that most patients have no symptoms.
Who is at risk of developing high blood pressure?

- Overweight
- High salt diet
- Diabetes
- Physical inactivity
- Have a family history of hypertension
Risk factors of hypertension

Risk factors of hypertension are:
- Advanced age, genetic link (family history),
- Obesity or overweight,
- High salt intake,
- Harmful use of alcohol,
- Tobacco use,
- Physical inactivity,
- Lack of fruits and vegetables.
- Diabetes
- High cholesterol level
Consequences of untreated and uncontrolled high blood pressure

- Stroke
- Vision loss
- Heart failure
- Heart attack
- Kidney disease/failure
- Sexual dysfunction
Complications (consequences) of hypertension

In most cases, the damage done by hypertension takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

**Heart attack** — High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.

**Stroke** — High blood pressure can cause blood vessels in the brain to clog more easily or even burst.

**Heart failure** — The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.

**Kidney disease or failure** — High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.

**Vision loss** — High blood pressure can strain or damage blood vessels in the eyes.

**Sexual dysfunction** — High blood pressure can lead to erectile dysfunction in men or lower libido in women.

**Angina** — Over time, high blood pressure can lead to heart disease.
Healthy lifestyle to control your blood pressure

- Eat variety of food
- Reduce saturated and transfats
- Eat less salt
- Sleep well
- Avoid Stress
- Maintain healthy weight
- Take prescribed medicines regularly
- Do regular physical activity
- Quit smoking
Can high blood pressure be treated?

There are two ways to manage hypertension: practicing a healthy lifestyle and taking your medication regularly. The aim of a healthy lifestyle is to control risk factors such as tobacco use, harmful use of alcohol, physical inactivity and high salt intake. If your blood pressure is very high, then your doctor may recommend that you start taking drugs right away, but you need to continue pursuing a healthy lifestyle.
Remember..

Check your blood pressure regularly

Even if you’re feeling fine, NEVER STOP taking your medicines

Get your regular check-ups to detect complications
Remind patients to:

- Always take their prescribed medications even if they feel fine
- Checked the blood pressure regularly
- Follow healthy lifestyle along with medications
- Once a year, get thorough investigations to rule out any complications to the heart, kidneys, eyes etc.