

HYPERTENSION

What is Hypertension?

- hypertension is: High Blood Pressure, a medical condition in which constricted arterial blood vessels increase the resistance to blood flow, causing an increase in blood pressure against vessel walls.

Simply put, as a common disorder in which blood pressure remains abnormally high.



Types of Hypertension

PRIMARY :

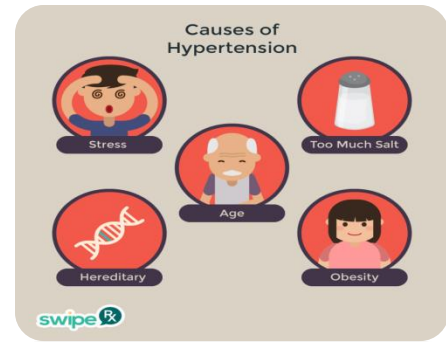
This is called “primary hypertension or essential. in most cases the causes of this type of hypertension is not known, the majority of people with this type of hypertension feel no different from those who have normal blood pressure.

SECONDARY:

This is when high blood pressure is as a result of other medical problems or medication.

e.g. Kidney or Liver diseases.

Causes



Some conditions that can cause hypertension includes:

- Preeclampsia (a condition that occurs only during pregnancy)
- Tumor of the adrenal gland
- Kidney diseases
- Liver diseases
- Obesity
- Sleep apnea
- Acromegaly (a metabolic disorder caused by too much growth hormone)
- Certain medicines e.g. birth control pills

Signs and Symptoms

Possible symptoms includes:

- Dizziness
- Blurred or double vision
- Nausea
- Headache
- Drowsiness
- Nosebleeds
- A flushed face
- Shortness of breath ...Etc



Treatment & Care

➤ DIETARY ADVICE

- Getting regular aerobic exercise e.g. brisk walking at least 30 mins daily
- Losing weight if you are over weight or obese.
- Eating a healthy diet including the DASH diet (eat more fruits, vegetables, low fat dairy products etc.).
- Reducing sodium in your diet to 2300mg(about 1 teaspoon of salt) a day or less.
- Quit smoking.
- Limiting/quit alcohol.

➤ DRUGS

(seek medical advise)



Hypertension Tracking worksheet



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