



Hypertension

What is hypertension?

Hypertension, commonly known as high blood pressure is the force needed by the heart to pumps blood through the blood vessels in order to deliver essential nutrients to all parts of the body.

The factors that influence blood pressure include: the volume of the blood in circulation; resistance to blood flow by the walls of the blood vessels; and the strength of the heart.

Normal Blood Pressure is 120/80 mmHg, systolic/diastolic. These figures vary according to age and gender, and fluctuate markedly throughout the day.

What is High Blood Pressure?

High blood pressure, or hypertension, results if the blood pressure rises above the range which is normal for the person, and stays there for some time. This can cause severe, even deadly, damage to several body organs if it not reduced.

Hypertension can be classified in different levels:

Pre-hypertension: Systolic 120-139, Diastolic 80-89;	Systolic 130-139, Diastolic 85-89
Mild hypertension: Systolic 140-159, Diastolic 90-99;	OBGBDB: Systolic 160-179, Diastolic 100-109;
Severe hypertension: Systolic more than 180, Diastolic more than 110 - requires urgent attention	

Types of High Blood Pressure

- Primary Hypertension
- Resistance Hypertension

Primary Hypertension

Signs and Symptoms

Constant headache mostly in the temple region: redness and heaviness in the eyes; dizziness; and bleeding from the nose and gums.

Resistance Hypertension

Signs and Symptoms

Constant headache at the back of the head; tightness in the neck muscles; muscle cramps in the legs; and shortness of breath.

Complications of High Blood Pressure

Creates strain on the heart; weakens the walls of the arteries; increased risk of heart attack or stroke; and kidney failure.

