

MANAGING HYPERTENSION

Hypertension is Another Name for High Blood Pressure

Hypertension is Occasionally Referred to as the “Silent Killer”

Blood pressure is the force applied to the walls of arteries while the heart is pumping. It is natural that blood pressure rise and fall throughout the day, but it becomes detrimental to your health when it stays high for a long time, turning into hypertension.

Please use this guide as a resource for knowledge and understanding of hypertension causes, symptoms, treatment, and prevention.

01 | Causes

Your blood pressure increases depending on various causes. These causes are categorized into two groups: primary and secondary hypertension.

Primary hypertension develops over time, but the exact cause is unknown. Contributing factors include:

- Age, gender, and ethnicity
- Genetics
- Physical changes
- Eating habits

Secondary hypertension occurs quicker and tends to be more severe than primary hypertension. Conditions that may cause secondary hypertension include:

- Chronic kidney disease
- Adrenal gland disorders
- Certain medication side effects
- Substance abuse

02 | Symptoms

Most people will not experience any symptoms. It may take years, when the condition is more severe, for the symptoms to become noticeable. Severe hypertension may cause:

- Headaches
- Nosebleeds
- Flushing
- Dizziness

These symptoms require immediate medical attention. Left untreated, hypertension can cause damage to the cardiovascular system and internal organs.

03 | Treatment

Primarily, treatment of hypertension involves lifestyle changes such as regular physical exercise and integrating a healthy diet. In more severe cases, your physician may prescribe medication. Treatment plans are not fixed and can be adjusted as needed over time.

04 | Prevention

Identifying your risk factors now can help you take steps to lower your risk of this condition. Some lifestyle changes you can make are:

- Regularly monitor your blood pressure
- Reducing salt and sugar from your diet
- Increasing physical activity
- Avoiding tobacco and alcohol

For additional resources on how to prevent and control hypertension please visit: www.whleague.org

Did You Know?

About 75 million people have high blood pressure

References

<https://www.medicalnewstoday.com/articles/150109.php>

<https://www.healthline.com/health/high-blood-pressure-hypertension>