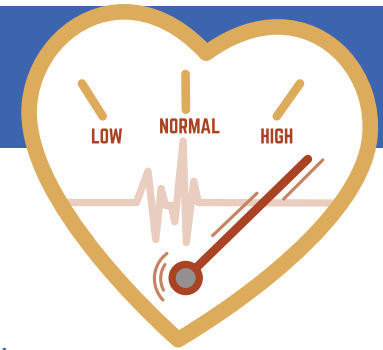




Hypertension



What is it?

Hypertension, also known as **high blood pressure**, is a chronic condition, meaning that the aim is to **control** and change your lifestyle to improve your condition.

Biggest mistakes people make



Believe you can feel or sense your blood pressure is not right



Leave the full responsibility to your doctor, rather than cooperating in a doctor-patient relationship



Seeing your abnormal blood pressure as bad news, whereas knowing about it is good news



Wanting to avoid medication, but failing to make lifestyle changes

Complications



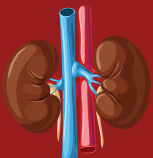
Heart disease
e.g. heart attack, arrhythmia



Eye problems
e.g. impaired vision/blindness

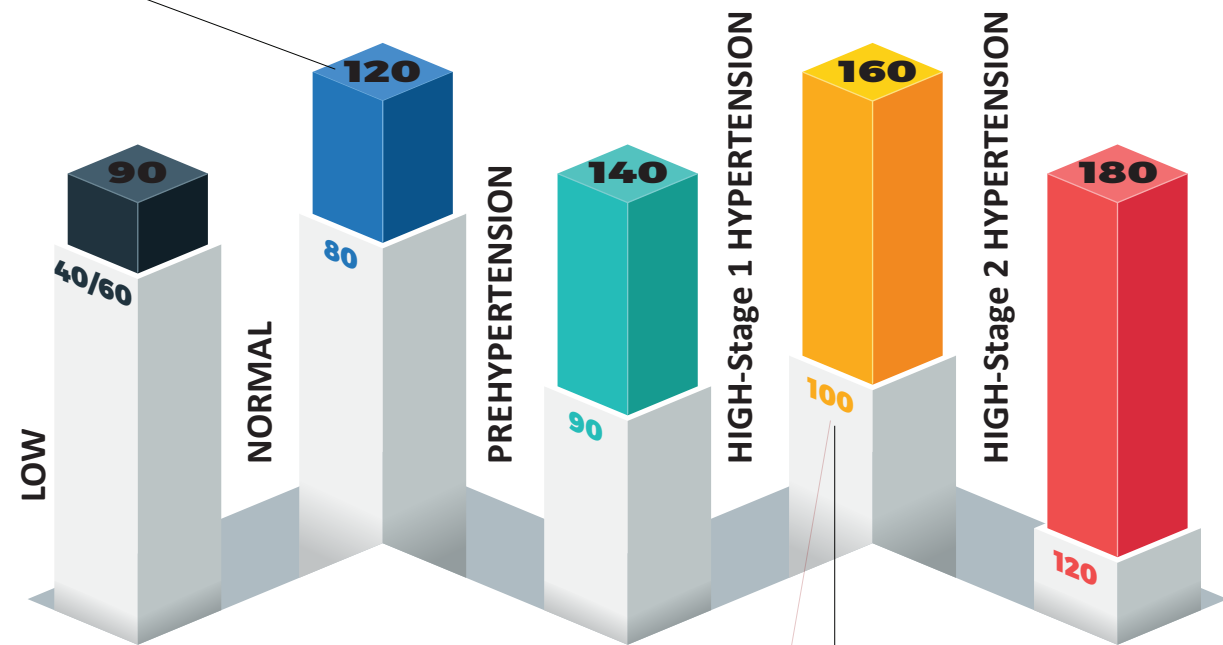


Brain problems
e.g. stroke, haemorrhage



Kidney disease
e.g. kidney failure

Systolic Blood Pressure



Diastolic Blood Pressure



Management

The main goals of managing Coronary Artery Disease include:

WEIGHT CONTROL



Being overweight or obese will cause or worsen high blood pressure. It is vital to get your weight under control. You should aim for a Body Mass Index of between 19 and 25.

EXERCISE



Inactive people have a 30-50% greater chance of having high blood pressure. You should aim for 30 minutes of gentle exercise, e.g. walking, each day and some more strenuous exercise for a total of 3 hours per week, e.g. gym or running.

LESS SALT



The sodium in salt is well known to raise blood pressure levels, so you should try to eat less salt.

MODERATE ALCOHOL CONSUMPTION



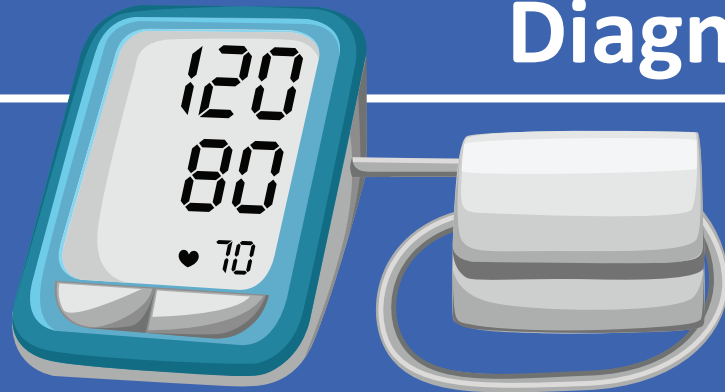
Moderate intake is helpful with blood pressure control. Maximum alcoholic drinks per week should be 21 for men and 14 for women.

STRESS MANAGEMENT



Stress management is all about identifying what is causing you stress and anxiety, and then making plans to manage these things better or differently.

Diagnosis



Blood pressure is measured by using a machine, called a **sphygmomanometer**. As blood pressure varies from moment to moment and day to day, it is really important that several measurements are taken before making a diagnosis.

Treatment

There are several types of medications used to manage high blood pressure, namely:

DIURETICS

which help the kidneys getting rid of excess salt and fluid.

BETA BLOCKERS

(and so-called alpha blockers), which slow the heart and reduce the strength of heart contractions.

ACE-INHIBITORS

which block an enzyme that otherwise causes blood vessel constriction.

CALCIUM CHANNEL BLOCKERS

which reduce calcium entry into blood vessel cells and, in this way, reduce blood vessel constriction..