

High Blood Pressure: Facts, Diagnosis, Symptoms, Treatment, Causes, Effects

Facts

- High blood pressure is a major risk factor for heart disease, stroke, and other health problems.
- One in three adults in the United States has high blood pressure.
- High blood pressure often has no symptoms, so it's important to get your blood pressure checked regularly.
- There are a number of lifestyle changes that can help to lower blood pressure, including eating a healthy diet, getting regular exercise, and reducing stress.
- Medication may be necessary to lower blood pressure in some cases.

Diagnosis

High blood pressure is diagnosed with a blood pressure test. A blood pressure test measures the force of blood against the walls of your arteries. A blood pressure reading is given in two numbers:



Hypertension Or High Blood Pressure Explained: High Blood Pressure Facts, Diagnosis, Symptoms, Treatment, Causes, Effects, Unconventional Treatments, and More! The Ultimate Information Guide

by Frederick Earlestein

★★★★☆ 4.4 out of 5

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- The systolic blood pressure is the top number, and it measures the pressure in your arteries when your heart beats.
- The diastolic blood pressure is the bottom number, and it measures the pressure in your arteries when your heart rests between beats.

A blood pressure reading of 140/90 mm Hg or higher is considered high blood pressure.

Symptoms

High blood pressure often has no symptoms. However, some people with high blood pressure may experience:

- Headaches
- Blurred vision
- Chest pain
- Shortness of breath
- Fatigue

Treatment

The goal of treatment for high blood pressure is to lower your blood pressure to a safe level. There are a number of lifestyle changes that can help to lower blood pressure, including:

- Eating a healthy diet
- Getting regular exercise
- Losing weight if you are overweight or obese
- Reducing sodium intake
- Limiting alcohol intake
- Quitting smoking
- Managing stress

Medication may be necessary to lower blood pressure in some cases. There are a number of different types of blood pressure medications available, and your doctor will work with you to find the best medication for you.

Causes

The exact cause of high blood pressure is unknown. However, there are a number of risk factors that can increase your risk of developing high blood pressure, including:

- Age
- Family history of high blood pressure
- Being overweight or obese

- Eating a diet high in sodium
- Drinking excessive alcohol
- Smoking
- Having diabetes
- Having kidney disease
- Being physically inactive

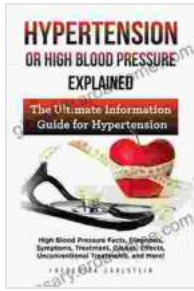
Effects

High blood pressure can damage your heart, blood vessels, and other organs. Some of the potential effects of high blood pressure include:

- Heart disease
- Stroke
- Kidney disease
- Eye damage
- Dementia

High blood pressure is a serious health condition that can lead to a number of health problems. However, it is often preventable and treatable. By making healthy lifestyle changes, you can help to lower your blood pressure and reduce your risk of developing high blood pressure-related health problems.

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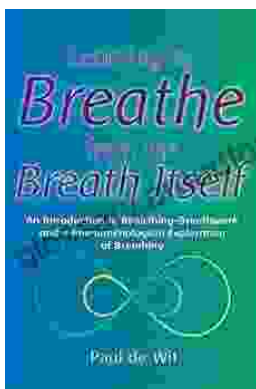
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