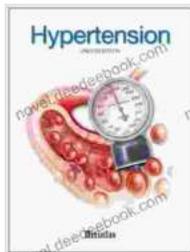


Hypertension MiniAtlas: Empowering Communities with Knowledge and Resources



Hypertension MiniAtlas by TEAM KiNdol PROJECT

★★★★☆ 4 out of 5

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Hypertension, also known as high blood pressure, is a major risk factor for cardiovascular disease, stroke, and kidney disease. It is a condition in which the blood pressure in the arteries is persistently elevated. The Hypertension MiniAtlas is a comprehensive resource that provides detailed information on hypertension, its causes, risk factors, and management. It is designed to empower communities with knowledge and resources to improve cardiovascular health outcomes.

What is Hypertension?

Hypertension is a condition in which the blood pressure in the arteries is persistently elevated. Blood pressure is the force exerted by the blood against the walls of the arteries. It is measured in millimeters of mercury

(mm Hg) and is expressed as two numbers: systolic blood pressure and diastolic blood pressure. Systolic blood pressure is the pressure when the heart beats and pumps blood out to the body. Diastolic blood pressure is the pressure when the heart rests between beats.

Hypertension is defined as a systolic blood pressure of 140 mm Hg or higher or a diastolic blood pressure of 90 mm Hg or higher. Hypertension can be classified as either primary or secondary. Primary hypertension is the most common type and is usually caused by a combination of genetic and environmental factors. Secondary hypertension is caused by an underlying medical condition, such as kidney disease, thyroid disease, or certain medications.

Causes and Risk Factors for Hypertension

The exact cause of primary hypertension is unknown. However, several risk factors have been identified that can increase the likelihood of developing the condition, including:

- **Age:** The risk of hypertension increases with age.
- **Race:** African Americans are more likely to develop hypertension than other racial groups.
- **Family history:** People with a family history of hypertension are more likely to develop the condition.
- **Obesity:** Being overweight or obese increases the risk of hypertension.
- **Physical inactivity:** People who are physically inactive are more likely to develop hypertension.

- Unhealthy diet: Eating a diet that is high in sodium, saturated fat, and cholesterol can increase the risk of hypertension.
- Smoking: Smoking cigarettes increases the risk of hypertension.
- Excessive alcohol consumption: Drinking too much alcohol can increase the risk of hypertension.
- Stress: Chronic stress can increase the risk of hypertension.

Secondary hypertension is caused by an underlying medical condition. Some of the most common causes of secondary hypertension include:

- Kidney disease
- Thyroid disease
- Certain medications, such as birth control pills, corticosteroids, and decongestants
- Pheochromocytoma, a rare tumor of the adrenal glands
- Coarctation of the aorta, a narrowing of the aorta

Symptoms of Hypertension

Most people with hypertension do not have any symptoms. However, some people may experience symptoms such as:

- Headaches
- Dizziness
- Blurred vision
- Fatigue

- Nausea
- Vomiting
- Chest pain
- Shortness of breath

If you experience any of these symptoms, it is important to see a doctor to get your blood pressure checked.

Complications of Hypertension

Hypertension can lead to a number of serious health complications, including:

- Heart disease
- Stroke
- Kidney disease
- Eye damage
- Erectile dysfunction
- Peripheral artery disease
- Aortic aneurysm

The risk of developing these complications increases with the severity and duration of hypertension.

Diagnosis and Treatment of Hypertension

Hypertension is diagnosed with a blood pressure measurement. A blood pressure measurement is taken with a sphygmomanometer, which is an inflatable cuff that is wrapped around the upper arm. The doctor will inflate the cuff and then listen for the sounds of the blood flowing through the arteries. The blood pressure is recorded as the highest pressure at which the sounds are heard (systolic blood pressure) and the lowest pressure at which the sounds disappear (diastolic blood pressure).

The goal of treatment for hypertension is to lower blood pressure to a healthy level. This can be done with lifestyle changes, medication, or a combination of both. Lifestyle changes that can help lower blood pressure include:

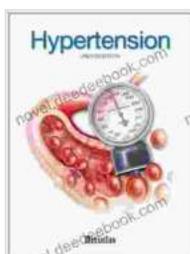
- Losing weight
- Eating a healthy diet
- Getting regular exercise
- Limiting sodium intake
- Quitting smoking
- Reducing alcohol intake
- Managing stress

If lifestyle changes are not enough to lower blood pressure, medication may be prescribed. There are a number of different types of medications that can be used to treat hypertension, including:

- Diuretics

- Beta-blockers
- ACE inhibitors
- ARBs
- Calcium channel blockers

The type of medication that is prescribed will depend on the individual patient's needs. It is important to take



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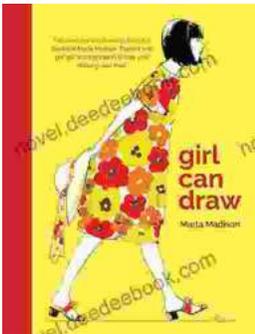
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