

## Understanding Hypertension: Causes, Symptoms, and Treatment

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### ABOUT THE STUDY

Hypertension, also known as high blood pressure, is a common medical condition in which the force of blood against the walls of the arteries is consistently too high. This can cause damage to the arteries and lead to serious health problems, such as heart disease, stroke, and kidney failure. Hypertension often has no symptoms, but can be detected through regular blood pressure checks. Lifestyle changes such as exercise, a healthy diet, and stress reduction can help manage hypertension, while medication may also be necessary for some people. It is important to control hypertension to prevent complications and maintain good health.

### Causes

Hypertension can be caused by a variety of factors, including genetics, lifestyle, and underlying medical conditions. One of the most common causes of hypertension is an unhealthy lifestyle, which includes a lack of physical activity, a diet high in salt and fat, and excessive alcohol consumption. Other lifestyle factors that can contribute to high blood pressure include smoking, stress, and obesity. In addition to lifestyle factors, hypertension can also be caused by underlying medical conditions such as kidney disease, sleep apnea, and thyroid disorders. Certain medications, such as birth control pills and decongestants, can also increase blood pressure.

### Symptoms

One of the most dangerous aspects of hypertension is that it often does not have any symptoms, which is why it is often referred to as the “silent killer.” In rare cases, some people may experience symptoms such as headaches, dizziness, and nosebleeds. However, most people with hypertension have no symptoms, and the only way to know if you have high blood pressure is to have your blood pressure checked regularly.

### Diagnosis

The diagnosis of hypertension is made by measuring blood pressure using a sphygmomanometer, which is a device that measures the force of blood against the walls of the arteries. A

blood pressure reading consists of two numbers: the systolic pressure (the top number) and the diastolic pressure (the bottom number). A normal blood pressure reading is below 120/80 mmHg. A blood pressure reading of 130/80 mmHg or higher is considered to be hypertension.

### Treatment

The treatment of hypertension typically involves lifestyle changes and medications. Lifestyle changes that can help lower blood pressure include maintaining a healthy weight, exercising regularly, reducing salt and fat intake, and limiting alcohol consumption. Quitting smoking and reducing stress can also be beneficial. Medications used to treat hypertension include diuretics, Angiotensin-Converting Enzyme (ACE) inhibitors, calcium channel blockers, and beta-blockers. These medications work by reducing the amount of fluid in the body, relaxing the blood vessels, or slowing down the heart rate. The choice of medication depends on the individual's blood pressure, age, and medical history.

### Prevention

Preventing hypertension involves making healthy lifestyle choices. Eating a healthy diet that is low in salt and fat, exercising regularly, and maintaining a healthy weight are all important for preventing hypertension. Quitting smoking and limiting alcohol consumption can also be beneficial. It is also important to have your blood pressure checked regularly, especially if you have a family history of hypertension or are over the age of 40. Hypertension is a common medical condition that can lead to serious health complications if left untreated. While hypertension can be caused by a variety of factors, including genetics and underlying medical conditions, it is often related to an unhealthy lifestyle. Making healthy lifestyle choices, such as eating a healthy diet and exercising regularly, can help prevent hypertension. It's crucial to collaborate with the healthcare practitioner to create a treatment plan for hypertension that involves both medication and lifestyle adjustments. Everyone can lower the risk of experiencing significant health issues and enhance the general health and wellness by controlling blood pressure.

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