

Hypertension: An update of prevalence and control

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Hypertension is a chronic condition of concern due to its role in the causation of coronary heart disease, stroke and other vascular complications. It is the commonest cardiovascular disorder, posing a major public health challenge to population in socio-economic and epidemiological transitions. It is one of the major risk factors for cardiovascular mortality, which accounts for 20-25% of all deaths. Although the number of deaths in women exceeds those in men, the rate of fall is similar in both sexes. Detection of hypertension and blood pressure control are critically important for reducing the risk of heart attacks and strokes. In some industrialized countries, up to 25% of adults have diastolic pressure above 90 mm Hg. Prevalence in the developing countries seems to be similar to that in European or other technically developed societies ranging from 10% to as much as 20% among adults. Only a few populations, either living at high altitudes or belonging to primitive cultures (a small number of ethnic groups living in the Pacific Islands, Asia, Africa and South America) seem to have exceptionally low levels of blood pressure. In India, the prevalence of hypertension is 59.9 and 69.9 per 1000 in males and females respectively in the urban population, and 35.5 and 35.9 per 1000 in males and females respectively in the rural population. The bulk of mortality associated with hypertension in Western countries, it is mainly coronary heart disease; in Japan, China, Taiwan, Korea and India death from stroke is more common. The improvement in blood pressure control is encouraging, although the prevalence of hypertension has not declined. The low prevalence of hypertension in some communities indicates that hypertension is potentially preventable.

Biography

Deepak Singh Bais is a medical student in Tongji Medical College, HUST. He has published several papers in International Journals. He is a member of American College of Physician, USA, International Society of Infectious Disease, USA and World Association of Young Scientists.

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