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## Nattokinase effects on blood pressure (hypertension)

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**H**igh blood pressure (hypertension) puts extra strain in our heart and blood vessels. This can cause them to become weaker or damaged. If we have other health conditions, such as diabetes or high cholesterol, this increases the risk of health problems even more. It is then even more important to lower our high blood pressure. Nattokinase decreases the ability of blood to clot. This "thins the blood" and might protect against conditions caused by blood clots such as stroke, heart attack, and others. A recent 8-week, randomized double-blind study examined the effects of nattokinase supplementation on 86 untreated adults with high blood pressure. The participants ranged from 20 to 80 years old, and had a systolic blood pressure of 130 to 159. Systolic pressure is the number on top, (i.e. 120/80) which measures the pressure inside the blood vessels at the moment our heart beats. These findings suggest that increased intake of nattokinase may play an important role in preventing and treating hypertension.

## Biography

Waqas Hussain is an internationally awarded Computer Scientist and Project Developer. He is working on different international research based projects and presenting his research work all over the world. He was named by Times as one of the most influential people and one of the top innovators in the world. He is also an ACM and IEEE fellow, worked for World Wide Fund which is the world's largest conservation organization. He organized international research conferences using IEEE platform, an annual conference for scientists and researchers. After many years of research in computer science, he has turned his attention to medical science, particularly bacteria attacking the white blood cells, Alzheimer's disease which is the fourth leading cause of death in the world causing about 32.6 million deaths a year and automated morphological analysis of human sperms, according to World Health Organization 1/5 families have problems in conception worldwide.

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