

Types, Causes and Diagnosis of Hypertensive Heart Disease

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DESCRIPTION

Hypertensive heart disease is caused by having high blood pressure. Some heart conditions are caused by the heart working under increased strain. Hypertensive heart disease is characterized by symptoms such as heart failure, heart muscle thickening, coronary artery disease, and other conditions. Hypertensive heart disease can lead to serious health complications. It is the leading cause of hypertension-related death.

Types of hypertensive heart disease

Heart problems which are caused by high blood pressure are generally related to the arteries and heart muscles, they are as follows.

Constriction of the arteries: Coronary arteries carry oxygenated blood to the heart muscle. Blood flow to the heart can slow or stop when blood vessels narrow due to high blood pressure. Coronary Heart Disease (CHD), also known as coronary artery disease, is the medical term for this. CHD impairs the heart's ability to function and supply blood to the rest of the organs. It can increase the chances of having a heart attack because a blood clot can become lodged in one of the narrowed arteries, cutting off blood flow to the heart [1,2].

Heart enlargement and thickening: High blood pressure forces the heart to work harder in order to pump blood. Regular exercise causes the heart muscles, like the rest of the body's muscles, to thicken and grow. This alters the way the heart functions. These changes are most commonly seen in the heart's main pumping chamber, the left ventricle. Left Ventricular Hypertrophy (LVH) is the medical term for this condition. CHD can cause LVH and vice versa. If the person has LVH, then the coronary arteries may become compressed.

Causes

High blood pressure indicates that the pressure inside the blood vessels (called arteries) is too high, as it pumps against the pressure, the heart has to work harder. As high blood pressure often has no symptoms, people with it may be unaware of it.

Hypertensive heart disease is the leading cause of high blood pressure illness and death. Symptoms typically appear after many years of poor blood pressure control, when heart damage has occurred.

Diagnosis

An electrocardiogram monitors and records the heart's electrical activity. The doctor will apply patches to the chest, legs, and arms. The results, which will be displayed on a screen, will be interpreted by the doctor. An echocardiogram creates a detailed image of the heart using ultrasound. Coronary angiography is a test that looks at the flow of blood in the coronary arteries. A catheter is inserted into the heart *via* the groin or an artery in to the arm [3,4]. A nuclear stress test looks at the flow of blood into the heart. The test is usually given while the person is sleeping or exercising.

CONCLUSION

The most common cardiovascular disorder is hypertension. It's divided into two parts. There are both reversible and irreversible causes. Blood pressure can be used to diagnose this. With over 17.5 million deaths worldwide, cardiovascular diseases are the leading cause of death. Most people are unaware that hypertension is a leading cause of ischemic and cerebrovascular disease. This disease can be avoided, among other things, by changing one's diet and lifestyle.

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Received: 03-Feb-2023; **Manuscript No.** AOA-23-22231; **Editor assigned:** 06-Feb-2023; **PreQC.** No. AOA-23-22231 (PQ); **Reviewed:** 20-Feb-2023; **QC.** No. AOA-23-22231; **Revised:** 27-Feb-2023; **Manuscript No.** AOA-23-22231 (R); **Published:** 06-Mar-2023, DOI: 10.35248/2329-9495.23.11.326

Citation: Lee B (2023) Types, Causes and Diagnosis of Hypertensive Heart Disease. *Angiol Open Access.* 11:326.

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