

A Brief Overview of Hypertension and its type

Description

Blood pressure is the force wielded by circulating blood against the walls of the body's highways, the major blood vessels in the body. Hypertension is when blood pressure is too high. Blood pressure is written as two figures [1]. The first (systolic) number represents the pressure in blood vessels when the heart contracts or beats. The alternate (diastolic) number represents the pressure in the vessels when the heart rests between beats [2].

Hypertension is diagnosed if, when it's measured on two different days, the systolic blood pressure readings on both days is ≥ 140 mmHg and/ or the diastolic blood pressure readings on both days is ≥ 90 mmHg [3].

Blood pressure is the dimension of the pressure or force of blood pushing against blood vessel walls. When you have hypertension (high blood pressure), it means the pressure against the blood vessel walls in your body is constantly too high. High blood pressure is frequently called the "silent killer" because you may not be apprehensive that anything is wrong, but the damage is still being within your body [4].

Your blood pressure reading has two figures. The top number is the systolic blood pressure, which measures the pressure on the blood vessel walls when your heart beats or contracts. The nethermost number is the diastolic blood pressure, which measures the pressure on your blood vessels between beats when your heart is relaxing [5].

Your provider will diagnose you with one of two types of high blood pressure

- Primary (also called essential) high blood pressure. Causes of this most common type of high blood pressure include aging and unhealthy habits like not getting enough exercise.
- Secondary high blood pressure. Causes of this type of high blood pressure include different medical problems (for illustration order or hormonal problems) or occasionally a drug you're taking.

High blood pressure, also called hypertension, is blood pressure that's advanced than normal. Your blood pressure changes throughout the day grounded on your conditioning. Having blood pressure measures constantly above normal may affect in a opinion of high blood pressure (or hypertension). The advanced your blood pressure situations, the further threat you have for other health problems, similar as heart complaint, heart attack, and stroke. Your health care platoon can diagnose high blood pressure and make treatment opinions by reviewing your systolic and diastolic blood pressure situations and comparing them to situations set up in certain guidelines.

The guidelines used to diagnose high blood pressure may differ from health care professional to health care professional

- Some health care professionals diagnose cases with high blood pressure if their blood pressure is constantly 140/90 mm Hg or advanced.² This limit is grounded on a guideline released in 2003, as seen in the table below.

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- Other health care professionals diagnose cases with high blood pressure if their blood pressure is constantly 130/80 mm Hg or advanced.¹ This limit is grounded on a guideline released in 2017, as seen in the table below.

Blood pressure is the force against blood vessel walls as the heart pumps blood. When the heart squeezes and pushes blood into the vessels, blood pressure goes up. It comes down when the heart relaxes. Blood pressure changes from nanosecond to nanosecond. It's affected by exertion and rest, body temperature, diet, feelings, posture, and drugs.

The most common type of high blood pressure is called primary hypertension. This means that no other medical problem is set up that's causing the high blood pressure. Primary hypertension is more common in people who are fat or fat, and those who have high blood pressure in their family. When a medical problem is set up that's causing high blood pressure, it's called secondary hypertension.

Secondary hypertension frequently is due to

- order complaint
- hormone problems
- blood vessel problems
- lung problems
- heart problems
- some drugs

A single reading showing high blood pressure does not mean that you have hypertension. occasionally, blood pressure needs to be checked several times over a period of days or weeks to know if someone has hypertension. Your croaker will presumably weigh and measure you. He or she might do urine tests or blood tests to check for other conditions that can beget hypertension.

Some people have what is called "white fleece hypertension." This means that their blood pressure goes up when they are at a croaker 's office because they are nervous.

When they feel more relaxed, their blood pressure generally goes down. To make sure high blood pressure readings are not caused by anxiety, croakers will occasionally track a person's blood pressure over a whole day. This is called itinerant blood pressure monitoring.

unbridled high blood pressure is common; still, certain groups of people are more likely to have control over their high blood pressure than others.

- A lesser chance of men (50) have high blood pressure than women (44).³
- High blood pressure is more common in non-Hispanic black grown-ups (56) than in non-Hispanic white grown-ups (48), non-Hispanic Asian grown-ups (46), or Hispanic grown-ups (39).³
- Among those recommended to take blood pressure drug, blood pressure control is advanced among non-Hispanic white grown-ups (32) than in non-Hispanic black grown-ups (25), non-Hispanic Asian grown-ups (19), or Hispanic grown-ups (25).³

Acknowledgement

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Conflict of Interest

The author declares there is no conflict of interest

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