



## High blood pressure risk factors and evaluation

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### Abstract:

Blood pressure is the most common condition from which many of us must suffer, it is also called hypertension. In this condition blood force against the walls of blood vessels is quite high which affect our health. High blood pressure increases the risk of having heart problems. There are various risk factors for high blood pressure not similar from person to person. Intake of unhealthy things such as alcohol, smoking and consumption of high calorie diet can become a risk factor for high blood pressure. Disturbed sleep apnea in which you are not taking enough sleep necessary for your health cause pressure in blood. Obese person weight puts extra pressure on heart which leads to hypertension. Many diabetic patients suffer with hypertension too. These factors can be avoided but there are some risk factors which cannot modifiable such as older age increases risk of high blood. Family history or genetic problems are unnegotiable risk factors. To treat high blood pressure there must a need to change lifestyle in a positive way. It is important to be aware itself and educate people that high blood pressure is not a disease, it can control by taking some prevention-al measures and by implicating a famous proverb on itself which is "Prevention is better than cure". To avoid HBP encourage yourself for positive modification such as eating a proper nutritional diet, focus on daily exercise and if you are diabetic and having another disease then take care of your medication. Medication is also a way for treating HBP which can be used for unmodified risk factors but not forget to use them without a doctor's prescription. Blood pressure machines also helpful in keeping strict eye on varying blood pressure.

### Biography:

Neil is a qualified British Association of Cardiovascular Rehabilitation "cardiac exercise specialist", personal trainer, fitness blogger



and an online coach. Neil took an interest in cardiovascular health and rehabilitation. Neil took his education to the next level earning a Master of Science in Cardiovascular Health and Rehabilitation from the University of Chester. Neil started blogging in mid-2017 while studying his master's degree and was awarded the "Best Fitness Blogger" 2019 by the Irish Fitness Industry for his expertise knowledge and amazing life changing results and testimonials from clients.

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