



Hypertension

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Abstract:

High blood pressure is a common condition in which the long-term force of the blood against artery walls is high enough that it may eventually cause health problems, such as heart disease.

Blood pressure is determined both by the amount of blood the heart pumps and the amount of resistance to blood flow in the arteries. The more blood the heart pumps and the narrower the arteries, the higher the blood pressure.

Patient can have high blood pressure (hypertension) for years without any symptoms. Even without symptoms, damage to blood vessels and heart continues and can be detected. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke.

High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. And once you know

Sings & Symptoms

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.

A few people with high blood pressure may have headaches, shortness of breath or nosebleeds, but these signs and symptoms



aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage.

Biography:

Fatema Samir Smaiem is fifth year graduated AL-Maarefa University, International Medical Conference Speaker: International Speaker Oral Presentation about Generalized Anxiety Disorder and Panic Disorder in 12th Worldwide Psychiatry and Mental Health in 19-8-2020 She is BLS and First Aid Instructor (AHA,ES-CI).

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