

# Causes, symptoms and treatment for high blood pressure

Arif Gill\*

**Received:** 01-Feb-2023, Manuscript No. FMDM-23-93476; **Editor assigned:** 03-Feb-2023, PreQC No. FMDM-23-93476 (PQ); **Reviewed:** 17-Feb-2023, QC No. FMDM-23-93476; **Revised:** 28-Feb-2023, Manuscript No. FMDM-23-93476 (R); **Published:** 07-Mar-2023, DOI: 10.37532/1758-1907.2023.13.449-450



## Description

High blood pressure, also known as hypertension, is a common medical condition that affects millions of people worldwide. It occurs when the force of blood against the walls of arteries is consistently high, which can lead to serious health complications if it is untreated.

### ■ Causes

There are a number of things that can raise blood pressure. Genes are one of the most frequent causes. The fact that high blood pressure can run in families suggests that the condition may have a genetic component. Lifestyle factors: Some lifestyle choices, including inactivity, poor diet, and stress, can raise blood pressure.

Health issues—a number of health issues, including obesity, sleep apnea, and kidney disease, can contribute to high blood pressure. Drugs: Some drugs, including birth control pills, decongestants, and nonsteroidal anti-inflammatory drugs, can raise blood pressure.

### ■ Symptoms

High blood pressure is often referred to as a “silent killer” because it does not typically cause noticeable symptoms. However, in some cases, people with high blood pressure may experience:

- Headaches
- Dizziness
- Blurred vision
- Shortness of breath

- Chest pain

If you experience any of these symptoms, it is important to see a doctor as soon as possible to rule out other potential causes.

### ■ Treatment

High blood pressure can be treated in a number of ways, including: Lifestyle Changes: Blood pressure can be lowered by making lifestyle changes like moving more, eating less salt, and adopting a healthy diet.

High blood pressure can be treated with a number of drugs, including beta-blockers, ACE inhibitors, calcium channel blockers, and diuretics. Surgery may be required in rare circumstances, such as when other treatments fail to control high blood pressure.

### ■ Prevention

The key to avoiding high blood pressure’s potential side effects is prevention.

Several sensible tactics consist of so many things here: Keeping a healthy weight: Carrying around extra weight strains the heart and can cause high blood pressure.

A balanced diet full of fresh produce, whole grains, low-fat dairy products, and fruits and vegetables will help decrease blood pressure. Cutting back on salt: Cutting back on salt can assist to decrease blood pressure. Frequent physical activity: Exercise on a regular basis can help to maintain a healthy weight and control blood pressure.

Department of Medicine, Monash University, Clayton, Australia  
\*Author for correspondence: arifg@astin.org.au

Handling stress-finding effective stress-management methods, such yoga or meditation, might be useful. Stress can also lead to high blood pressure.

■ **Complications**

If left untreated, high blood pressure can lead to several serious health complications, including:

- Heart disease: High blood pressure can damage the arteries that supply blood to the heart, leading to heart disease.
- Stroke: High blood pressure can increase the risk of stroke by damaging the blood vessels in the brain.
- Kidney disease: High blood pressure can

damage the kidneys over time, leading to kidney disease.

- Vision loss: High blood pressure can damage the blood vessels in the eyes, leading to vision loss.
- Sexual dysfunction: High blood pressure can contribute to sexual dysfunction in men and women.

Untreated high blood pressure is a frequent medical disease that can have major negative effects on one's health. Understanding the reasons and signs of high blood pressure is crucial, as is taking action to stop it from starting in the first place.