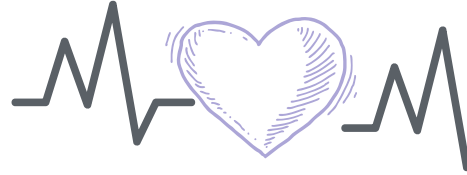


Newsletter

HIGH BLOOD PRESSURE

Compiled by: Lancet Laboratories



What Is Blood Pressure ?

Blood pressure is the force of blood pushing against the walls of your arteries as your heart pumps blood through them.

The narrower an artery, the greater the force needed to push the blood through it.

Blood pressure is measured with a cuff your health care worker places around your arm. The pressure reading is given as two values e.g. 120/80. The higher value is referred to as the systolic pressure (when the heart beats), the lower value as the diastolic pressure (when the heart rests between beats).

What Is High Blood Pressure ?

High blood pressure (or hypertension) refers to bloodpressure that is high enough to damage the blood vessels and organs in the body, eventually leading to health problems such as heart disease.

What Causes High Blood Pressure?

There are two types of high blood pressure:



1.Primary (essential) hypertension:

This is the common type of high blood pressure. The cause of primary hypertension is not clear. It affects adults and usually develops gradually over many years.

2.Secondary hypertension:

This is high blood pressure for which there is an identifiable cause. It tends to appear suddenly, causing very high blood pressure readings.

Causes include:

- Kidney problems
- Tumours of the Adrenal glands
- Abnormalities of the blood vessels that some people are born with (congenital)
- Certain medication
- Type of recreational drugs, e.g. Cocaine and Amphetamines



How Can My Hypertension Be Managed?



What are the symptoms of High Blood Pressure ?

Most people with high blood pressure do not have any symptoms until they start to develop complications. Some people may have headaches or dizziness. For this reason you should have your blood pressure checked regularly, at least once a year.



The following lifestyle changes are important:

1. Decrease the amount of salt in your diet
2. Maintain a healthy weight
3. Increase physical activity
4. Limit Alcohol
5. Don't smoke
6. Manage stress
7. Monitor your blood pressure
8. Find time to relax

