

High Blood Pressure (Hypertension)



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Treatment of hypertension

The patient should begin to change his life system and avoid the factors that help the development of the disease and take medication doses regularly according to the doctor's instructions, this helps the patient to avoid the occurrence of chronic complications.



Prevention of blood pressure

Lifestyle change:

- Maintain the ideal weight.
- Eat a healthy diet rich in vegetables and fruits and reduce fat and sugars.
- Minimize salt intake to 100 mmol / day.
- Exercise regularly.
- stop smoking.
- Dealing with stress wisely.
- Minimize or abstain from drinking alcohol.



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Hypertension

Blood pressure and circulatory system in the human body:

Blood pressure is the blood pressure of the walls of blood vessels, which during the feeding of all tissues of the body and organs in the circulatory system. The blood circulation starts with the contraction of the heart muscle to force all of its blood. It moves from the heart to the aorta, the largest artery of the human body and from it to the rest of the arteries of the body. The heart is then opened to allow it to fill with a new quantity of blood to contract again, prompting a new charge to the aorta. And so on .

Hypertension Definition

Is a condition characterized by a chronic high blood pressure of arterial blood pressure level, which is equivalent to a unit measured in millimeters of mercury (120/80) diastolic blood pressure / systolic blood pressure. Systolic blood pressure: is the blood pressure during the contraction of the heart muscle. Diastolic blood pressure: is the blood pressure during the expansion of the heart muscle

Why was the blood pressure called silent killer?

The silent killer is another name for high blood pressure because it breaks into the patient's life without warning because it has no symptoms. The incidence of blood pressure is often discovered by chance, unless the patient makes regular visits and blood pressure tests. Blood pressure is also a major gateway to many diseases. The most important of which are cardiovascular diseases such as congestive heart failure, heart attack, palpitations, arteriosclerosis and stroke

Hypertension test

.Blood test –Urine test-Chest x-ray-ECC

Diagnosis of High Blood Pressure

Blood pressure is measured in the clinic by the nurse at the time of regular visits to the health centers or the outpatient clinic where the patient monitors the blood pressure using the self-measuring device and the lack of means to measure blood pressure.

Hypertension Complication

Type of Blood Pressure	Systolic	Diastolic
Normal	119-90	60-79
prehypertension	120-139	80-89
Moderate Hypertension	140-159	90-99
Severe Hypertension	More than 160	More than 100

- Heart attack or stroke
- Heart failure
- Stroke
- Eye complication
- Renal failure
- Lack of memorization and forgetfulness.

Types of high blood pressure

1. **Primary hypertension:** The patient is classified as having primary blood pressure when the cause of the patient's hypertension is unknown and constitutes the vast majority of patients.

2. **Secondary pressure height:** It is a high blood pressure caused by another condition in the human body such as renal dysfunction, adrenal gland tumor, thyroid function, pregnancy or the use of certain drugs and other causes.

Hypertension sign and symptoms

- Headache
- Dizziness
- Tinnitus
- Fainting
- Nasal bleeding
- Increase in heartbeat, pain in the chest
- Lack of clear vision

Causes of Hypertension

- Being overweight or obese
- Lack of physical activity
- Diabetes
- Family history of high blood pressure.
- Some medications like pills and weight loss pills.