

## ESSENTIAL HYPERTENSION ORIGIN, CAUSES AND PREVENTION

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**Abstract:** Many people suffer from hypertension. Medical professionals diagnose "arterial hypertension" in a person whose blood pressure is stable at 140/90 mm Hg. The word "primary" means that there are no pathologies yet, i.e. Blood pressure does not rise due to any serious illness.

**Key words:** Pickles, Excess body weight, lack of healthy nutrition, Smoking, drinking alcohol.

This is only part of the factors that provoke the onset of the disease. We can't ignore genetics either. Due to disturbances in the functioning of the circulatory system, the vessels spasm and do not deliver the required amount of sodium and water to the cells. As a result, hypertension occurs. Also, among the factors that lead to the development of pathology, experts noted the period of menopause and polluted environment.

### **Hypertension is affected by:**

Women over 60, men over 55;

people with genetic precursors;

patients with high blood lipid levels or diagnosed with obesity.

### Development of hypertension by stages

The first stage is characterized by an increase in blood pressure up to 150 mm. Hg It is asymptomatic.

The second stage comes with indicators up to 179 mm. Hg The appearance of myocardial hypertrophy is not noticeable to the patient.

The serious stage is determined by high readings on the tonometer (up to 180x110 mmHg). The patient feels these changes due to problems in the functioning of the body.

**The following reasons will alert you.**

Headache and weakness.

General fatigue, dizziness, nausea, even gag reflexes.

Flashing of black "flies" before the eyes.

Cardiopalms.

Then the process begins when the pathology affects the target organs (heart, retina, blood vessels, kidneys). The patient begins to complain of hypertensive crises, when it is impossible to manage without medical help and medication.

Tip! Monitor your blood pressure and take the pills prescribed by your doctor on time.

If you see pressure "jumps" on the tonometer and its stability is higher than 140/90, you should consult a general practitioner.

**What if there is no treatment?**

The patient's careless attitude towards the body, ignoring the increase in pressure and refusing medication lead to a hypertensive crisis. Emergency crisis situations require medical intervention, as hypoxia and ischemic changes occur in internal organs.

The insidiousness of the disease lies in the complications it causes:

heart attack, stroke;

heart and kidney failure;

formation of aneurysms;

angina pectoris;

damage to the retina of the eyeball.

However, with timely diagnosis and treatment, it is possible to stop the problem and prolong the patient's healthy life.

**Diagnostic measures**

Examination with an echocardiograph to determine how effective the vascular system is.

If the doctor suspects a reninoma, he will order an MRI of the kidneys / adrenal glands. This method is 98% effective.

The degree of development of atherosclerosis with damage to the coronary vessels is shown by coronagraphy.

The patient and the doctor learn about pathologies through ultrasound examination of internal organs.

Why is an annual physical exam important for hypertensive patients?

Primary hypertension can lead to coronary death, so the heart should be checked. Also, the kidneys should be given a lot of attention, because they regulate blood pressure.

High blood pressure is the first to hit them, and therefore annual examinations should become a part of the life of responsible patients. During the ultrasound examination, the specialist will see how much they change in size or remain unchanged. Kidney failure is the result of persistent hypertensive crises. A visit to an ophthalmologist should not be neglected due to reduced vision. The doctor can also help with laboratory tests.

### **How is essential hypertension treated?**

The main task is to choose the right medicines that prevent high blood pressure, serious problems and complications in the body. But the fight against the disease is always a well-coordinated interaction between the doctor and the patient, so the patient is advised to follow a number of recommendations.

#### **Lose weight.**

Try not to stress yourself by overloading the central nervous system.

Give up bad habits.

Walk regularly, choose moderate physical activity.

The basis of treatment is the use of inhibitors, adrenergic blockers, diuretics and calcium antagonists. The disease cannot be cured quickly and you will have to take medicine for the rest of your life. It is especially important to remember that tablets have a cumulative effect, so they should not be taken only when the pressure rises.

Therefore, it is necessary to choose medicines competently, and we offer to do it with us. Come to the Zvezda clinic so that hypertension does not prevent you from enjoying life. As a preventive measure, we advise you to lead a healthy lifestyle, choose the right rhythm of life and think about your diet.

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