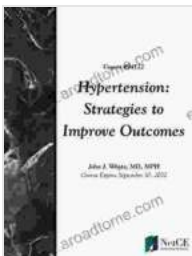


Hypertension Strategies To Improve Outcomes

What is Hypertension?

Hypertension, also known as high blood pressure, is a condition in which the force of blood against the walls of your arteries is too high. This can damage your arteries and lead to a number of serious health problems, including:



Hypertension: Strategies to Improve Outcomes

★★★★★ 5 out of 5

Language	: English
File size	: 439 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 74 pages
Lending	: Enabled



* Heart disease * Stroke * Kidney failure * Eye damage * Dementia

What Causes Hypertension?

There are a number of factors that can contribute to hypertension, including:

* Age: The risk of hypertension increases with age. * Family history: If you have a family history of hypertension, you are more likely to develop it yourself. * Race: African Americans are more likely to develop hypertension

than other races. * Obesity: Obesity is a major risk factor for hypertension. * Lack of physical activity: People who are inactive are more likely to develop hypertension. * Unhealthy diet: Eating a diet that is high in sodium and low in potassium can increase your risk of hypertension. * Smoking: Smoking cigarettes can damage your arteries and lead to hypertension. * Excessive alcohol intake: Drinking too much alcohol can raise your blood pressure. * Certain medical conditions: Some medical conditions, such as kidney disease and thyroid problems, can increase your risk of hypertension.

What are the Symptoms of Hypertension?

Most people with hypertension do not have any symptoms. However, some people may experience symptoms such as:

* Headaches * Nosebleeds * Shortness of breath * Chest pain * Dizziness * Fatigue

How is Hypertension Diagnosed?

Hypertension is diagnosed by measuring your blood pressure. Blood pressure is measured in millimeters of mercury (mm Hg). A blood pressure reading of 140/90 mm Hg or higher is considered to be high blood pressure.

How is Hypertension Treated?

There are a number of different treatments for hypertension, including:

* Lifestyle changes: Making healthy lifestyle changes, such as losing weight, eating a healthy diet, and exercising regularly, can help to lower blood pressure. * Medication: There are a number of different medications

that can be used to lower blood pressure. Your doctor will work with you to determine which medication is right for you.

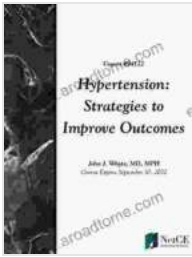
How Can I Prevent Hypertension?

There are a number of things you can do to help prevent hypertension, including:

* Eating a healthy diet: Eating a diet that is low in sodium and high in potassium can help to lower blood pressure. * Getting regular exercise: Exercise can help to lower blood pressure by strengthening your heart and improving your circulation. * Maintaining a healthy weight: Obesity is a major risk factor for hypertension. Losing weight can help to lower your blood pressure. * Quitting smoking: Smoking cigarettes can damage your arteries and lead to hypertension. Quitting smoking can help to improve your blood pressure and your overall health. * Limiting alcohol intake: Drinking too much alcohol can raise your blood pressure. Limiting your alcohol intake can help to lower your blood pressure. * Managing stress: Stress can contribute to hypertension. Learning how to manage stress can help to keep your blood pressure under control.

Hypertension is a serious health condition that can lead to a number of health problems. However, there are a number of effective strategies that can be used to lower blood pressure and improve outcomes. By making healthy lifestyle changes and taking medication as prescribed, you can help to control your blood pressure and reduce your risk of developing serious health problems.

If you have any questions about hypertension, please talk to your doctor.



Hypertension: Strategies to Improve Outcomes

★★★★★ 5 out of 5

Language : English
File size : 439 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 74 pages
Lending : Enabled



Heal Your Multiple Sclerosis: Simple And Delicious Recipes For Nutritional Healing

Are you looking for a simple and delicious way to heal your multiple sclerosis? Look no further! This cookbook is packed with over 100 easy-to-follow...



Myles Garrett: The Unstoppable Force

From Humble Beginnings Myles Garrett's journey to NFL stardom began in the small town of Arlington, Texas. Born in 1995, he grew up in a family where sports were a way...