



Brief study on Blood Pressure & its causes

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Abstract:

At the point when your heart thumps, it pumps blood round your body to provide for it the vitality and oxygen it needs. As the blood moves, it pushes against the sides of the veins. The quality of this pushing is your circulatory strain. In the event that your pulse is excessively high, it puts additional strain on your courses (and your heart) and this may prompt heart assaults and strokes.

KEY WORDS:

Blood pressure ,

INTRODUCTION:-

At the point when your heart thumps, it pumps blood round your body to provide for it the vitality and oxygen it needs. As the blood moves, it pushes against the sides of the veins. The quality of this pushing is your circulatory strain. In the event that your pulse is excessively high, it puts additional strain on your courses (and your heart) and this may prompt heart assaults and strokes.

A blood pressure reading has a top number (systolic) and bottom number (diastolic). The ranges are:

- + Normal: Less than 120 over 80 (120/80)
- + Prehypertension: 120-139 over 80-89
- + Stage 1 high blood pressure: 140-159 over 90-99
- + Stage 2 high blood pressure: 160 and above over 100 and above
- + High blood pressure in people over age 60:

150 and above over 90 and above People whose blood pressure is above the normal range should consult their doctor about steps to take to lower it.

WHAT CAUSES HIGH BLOOD PRESSURE?

Pulse is the measure of the energy of blood pushing against vein dividers. The heart pumps blood into the conduits (veins), which convey the blood all through the body. Hypertension, additionally called hypertension, is perilous on the grounds that it makes the heart work harder to pump blood to the body and helps solidifying of the conduits, or atherosclerosis, and to the advancement of heart disappointment.

The exact causes of high blood pressure are not known, but several factors and conditions may play a role in its development, including:

- ❖ Smoking
- ❖ Being overweight or obese

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- ❖ Lack of physical activity
- ❖ Too much salt in the diet
- ❖ Too much alcohol consumption (more than 1 to 2 drinks per day)
- ❖ Stress
- ❖ Older age
- ❖ Genetics
- ❖ Family history of high blood pressure
- ❖ Chronic kidney disease
- ❖ Adrenal and thyroid disorders

SYMPTOMS

How well would you say you are dealing with your hypertension? Get your Webmd Hypertension Score. A standout amongst the most perilous parts of hypertension is that you may not realize that you have it. Almost one-third of individuals who have hypertension don't have any acquaintance with it. There are indications of amazingly hypertension: Learn the signs to look for.

TREATMENT

Hypertension Treatment

Treatment for hypertension comes in numerous structures - from way of life changes to pharmaceutical. Gain more from this diagram about how to lower pulse here.

Hypertension and Stress

Left unmanaged, anxiety can prompt enthusiastic, mental, and even physical issues, including coronary vein sickness and hypertension. Get tips on the cautioning indications of hazardous stretch and figure out how to diminish it, while boosting an inspirational viewpoint.

High Blood Pressure Drugs

Your specialist has many distinctive hypertension medications to browse. These prescriptions work in a mixture of approaches to lower pulse.

Calcium Channel Blockers

Calcium channel blockers are medications used to lower pulse. They work by abating the development of calcium into the cells of the heart and vein dividers, which makes it less demanding for the heart to pump and enlarges veins.

ACE Inhibitors

Angiotensin changing over catalyst (ACE) inhibitors are hypertension tranquilizers that enlarge or widen your veins to enhance the measure of blood your heart pumps and lower pulse.

CONCLUSION :

Stage 1 high blood pressure: 140-159 over 90-99 Stage 2 high blood pressure: 160 and above over 100 and above High blood pressure in people over age 60: 150 and above over 90 and above The heart pumps blood into the conduits , which convey the blood all through the body.

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