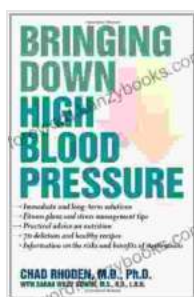


Bringing Down High Blood Pressure

What is high blood pressure?

High blood pressure, also known as hypertension, is a condition in which the blood pressure in the arteries is too high. Blood pressure is measured in millimeters of mercury (mm Hg). A normal blood pressure reading is less than 120/80 mm Hg. High blood pressure is defined as a blood pressure reading of 130/80 mm Hg or higher.



Bringing Down High Blood Pressure by Pantelis Tsoumanis

★★★★☆ 4.6 out of 5

Language : English

File size : 2256 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 304 pages



What causes high blood pressure?

The exact cause of high blood pressure is unknown, but it is thought to be caused by a combination of factors, including:

* Genetics * Age * Race * Obesity * Lack of physical activity * Smoking * Excessive alcohol intake * High sodium intake * Low potassium intake * Stress

What are the symptoms of high blood pressure?

High blood pressure often has no symptoms. However, some people may experience:

* Headaches * Blurred vision * Dizziness * Fatigue * Chest pain * Shortness of breath * Nausea * Vomiting

What are the risks of high blood pressure?

High blood pressure is a major risk factor for:

* Heart disease * Stroke * Kidney disease * Eye damage * Sexual dysfunction

How is high blood pressure treated?

High blood pressure can be treated with medication and lifestyle changes.

****Medication****

There are a number of different medications that can be used to treat high blood pressure. These medications work by:

* Relaxing the blood vessels * Reducing the heart rate * Blocking the effects of hormones that raise blood pressure

****Lifestyle changes****

There are a number of lifestyle changes that can help to lower blood pressure, including:

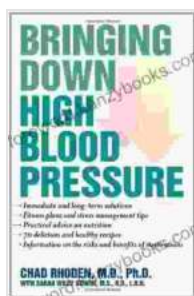
* Losing weight * Eating a healthy diet * Getting regular exercise * Quitting smoking * Limiting alcohol intake * Reducing stress

How can I prevent high blood pressure?

There are a number of things you can do to help prevent high blood pressure, including:

* Eating a healthy diet * Getting regular exercise * Maintaining a healthy weight * Quitting smoking * Limiting alcohol intake * Reducing stress

High blood pressure is a serious condition, but it can be controlled with medication and lifestyle changes. If you have high blood pressure, it is important to work with your doctor to develop a treatment plan that is right for you.



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