

High Blood Pressure: Understand Your BP Health

High blood pressure, or hypertension, is a common condition that affects millions of people around the world. It is a major risk factor for heart disease, stroke, and other serious health problems.



High Blood Pressure: Understand your BP (Health Series Book 2)

★★★★★ 5 out of 5

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X-Ray	: Enabled
Word Wise	: Enabled
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Blood pressure is the force of blood against the walls of your arteries. When your heart beats, it pumps blood through your arteries. The pressure of the blood against the artery walls is what we call blood pressure.

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 diagnosed when your blood pressure is consistently at or above 130/80 mm Hg.

There are two types of high blood pressure: primary hypertension and secondary hypertension.

- **Primary hypertension** is the most common type of high blood pressure. It is not caused by any other medical condition.
- **Secondary hypertension** is caused by an underlying medical condition, such as kidney disease, thyroid disease, or certain medications.

Causes of High Blood Pressure

The exact cause of primary hypertension is not known. However, there are a number of factors that can contribute to developing high blood pressure, including:

- **Age:** As you get older, your risk of developing high blood pressure increases.
- **Race:** African Americans are more likely to develop high blood pressure than other races.
- **Family history:** If you have a family history of high blood pressure, you are more likely to develop it yourself.
- **Obesity:** Being overweight or obese increases your risk of developing high blood pressure.
- **Physical inactivity:** People who are physically inactive are more likely to develop high blood pressure than those who are active.
- **Smoking:** Smoking cigarettes increases your risk of developing high blood pressure.

- Excessive alcohol intake: Drinking too much alcohol can raise your blood pressure.
- High stress: Stress can lead to high blood pressure.

Symptoms of High Blood Pressure

Most people with high blood pressure do not have any symptoms. However, some people may experience:

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

Treatment Options for High Blood Pressure

There are a number of treatment options for high blood pressure, including:

- **Lifestyle changes:** The first line of treatment for high blood pressure is lifestyle changes, such as losing weight, eating a healthy diet, and getting regular exercise.
- **Medications:** If lifestyle changes are not enough to lower your blood pressure, your doctor may prescribe medications.

It is important to follow your doctor's instructions and take your medications as prescribed. High blood pressure is a serious condition, but it can be managed with proper treatment.



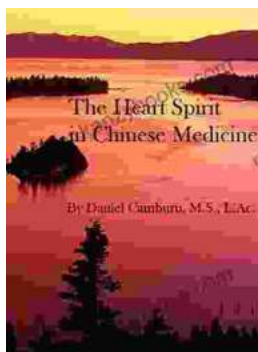
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