

What do you need to know about Arterial Hypertension

What is it? What are the consequences?

It is a condition that affects a lot of people in the world. Right after its onset, hypertension may cause no symptoms. That is, one does not realize there is something different, delaying the search for medical assistance and allowing the disease to get worse before the diagnosis. Although high blood pressure does not have a cure yet, it may be controlled with medications, exercises and a balanced diet. The main problem of hypertension is that if it is not properly treated, it may cause other diseases like heart attack, kidney failure, stroke, vision loss, heart failure, etc.

How do I know that I have high blood pressure?

Pressure measurement is registered with two numbers, for example, 13x8 mmHg (ideally, 130x80mmHg). The highest figure is the measurement of the pressure when the heart is contracted (systolic pressure) and the smallest one is when the heart is relaxed (diastolic pressure). The higher these numbers are, the greater is the effort made by the heart to pump blood to the body as well

as it is the risk of diseases of the heart and other organs as well. Ideally it must be kept lower than 130x80 mmHg. If your pressure is higher, you should look for a doctor. Whenever you have an appointment, ask the doctor to measure your pressure and ask about the result.



What may influence the blood pressure?

No doubt, lifestyle is fundamental. Some factors can increase your blood pressure:

- Overweight
- A diet rich in fat and salt
- Poor intake of fruits and vegetables
- Lack of exercising
- Excessive consumption of alcoholic beverages
- Smoking

All these factors are modifiable, because you can change them. Other factors cannot be modified, like age (the elders are more likely to have higher blood pressure), genetic predisposition (if your parents have hypertension, the chances are higher that you will present hypertension in the future), male and non-white individuals. If you have any of those factors, you should measure it more often.

What should I do if my blood pressure is high?

Some behavioral modifications are extremely important, like losing weight, exercising, consuming less salty and fatty foods, eating more fruits and vegetables, reducing the intake of alcohol and quitting smoking.

Besides, it's essential to use the medications prescribed by your doctor regularly. Do not change the dosage or interrupt the use without your doctor acknowledgement. If you are experiencing side effects, make an appointment with your doctor.

Be aware!

The treatment is continuous and can only be interrupted by your doctor. Remember that there is no definitive cure, even though people taking the medications may not complain of any symptoms for a few years. The drugs are used to control the pressure levels and to prevent complications. Follow your treatment. Visit your doctor regularly.

