

Hypertension (High BP) → 1 Billion People Suffer

110 mmHg → Systolic BP → when heart contracts
70 mmHg → Diastolic BP → when heart relaxing or refiling

BP ↑ → Heart diseases increases
(DEPTH OF BIOLOGY)

Normal Systolic BP around 120 mmHg

Normal Diastolic BP around 80 mmHg

Systolic Elevated BP = 120 - 129 mmHg

Diastolic Elevated BP = < 80 mmHg

Stage 1 HTN → Systolic = 130 - 139 mmHg
→ Diastolic = 80 - 89 mmHg

Stage 2 HTN → Systolic = > 140 mmHg
→ Diastolic = 90 mmHg

Isolated Systolic HTN → When systolic BP ↑

Isolated Diastolic HTN → When diastolic BP ↑
(DEPTH OF BIOLOGY)



• High BP is a serious problem for the blood vessel.

• High BP → Endothelial cell of Blood vessel may be ruptured or crack
(DEPTH OF BIOLOGY)

Can lead to serious problem like myocardial Infarction, Aneurysms & strokes

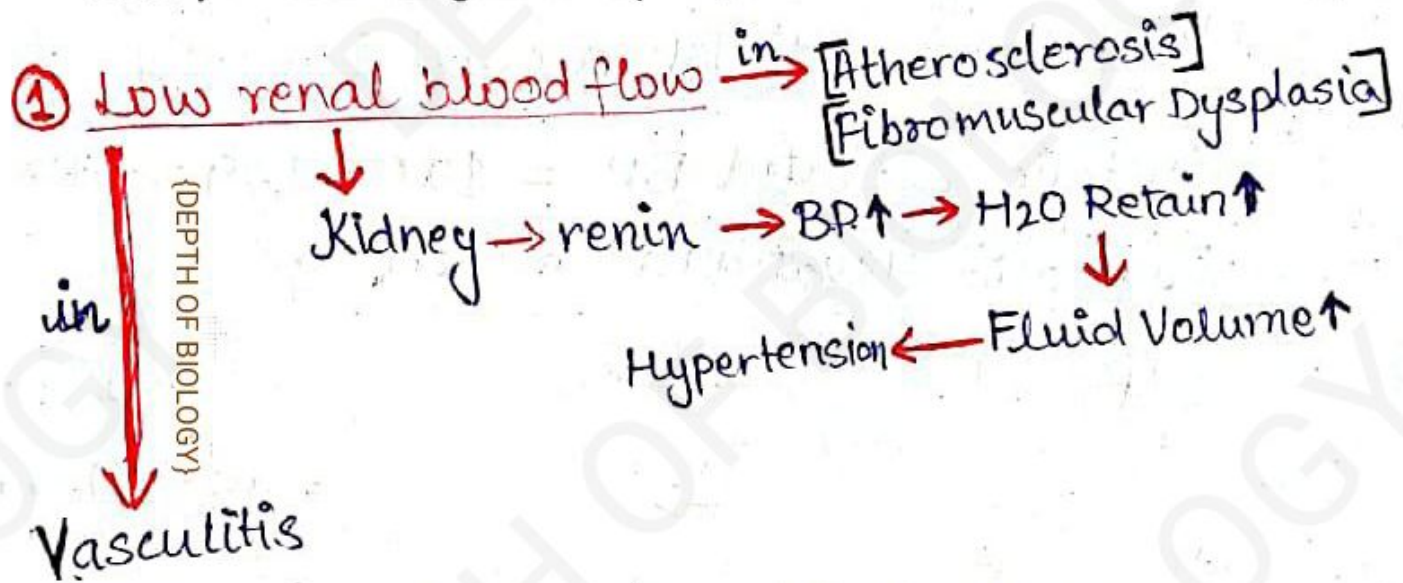
→ Hypertension → 90% cause not clear

Primary or Essential Hypertension

→ # Risk Factor For Primary Hypertension (DEPTH OF BIOLOGY)

- Old Age
- Obesity
- Salt Heavy diet
- Sedentary Lifestyles

10% cause (have specific cause) → Secondary HTN.



② Tumor → that produce excess Aldosterone

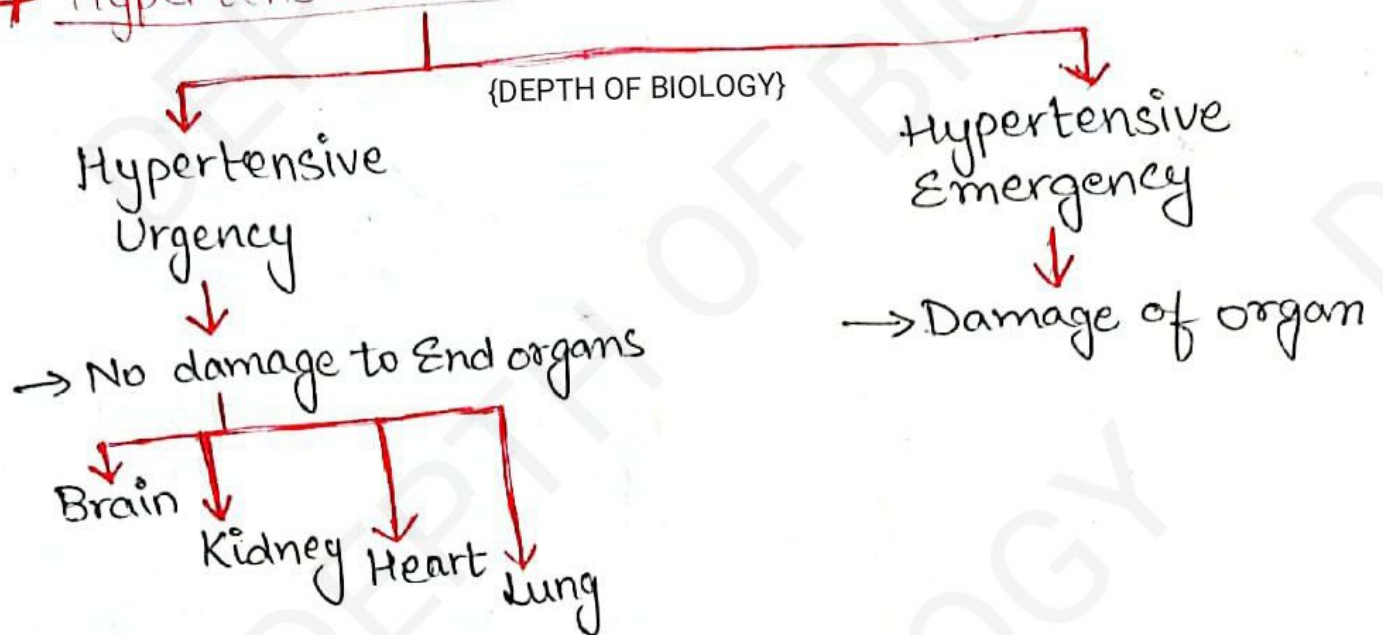
Now → If BP ↑ → Hypertension / Hypertensive crisis

↓ (DEPTH OF BIOLOGY)

where

- Systolic BP > 180 mmHg
- Diastolic BP > 120 mmHg

Hypertensive Crisis



Symptoms

- * Primary → Usually None → Silent Killer
- * Secondary → Associated with underlying cause
- * Emergency → Confusion, Drowsiness, Chest Pain

Treatment

- * Lifestyle Changes → Diet
→ Exercise
→ Stress Reduction Technique

- * Anti-hypertensive medication that might be given in some cases as well (DEPTH OF BIOLOGY)