

Hypertension. "Silent killer" - how to overcome it?



ATEROLIP COMPLEX N90 **Hypertension**, often called high blood pressure, is a condition in which the blood pressure in the arteries is persistently too high. Blood pressure is the force with which the blood presses against the walls of the arteries. Every time the heart contracts, it sends blood into the arteries. This is called the **systolic blood pressure value**. When the heart relaxes between contractions, blood pressure drops. This is called the **diastolic blood pressure value**.

Hypertension is classified **into two main categories**: primary (or idiopathic) hypertension and secondary hypertension. Primary hypertension is much more common and is usually related to age, genetics, lifestyle and environment. Secondary hypertension is less common and is often the result of another disease or condition, such as kidney disease, hormonal disorders, or the use of certain medications.

It's important to understand that hypertension is often a "silent condition," meaning that most people have no symptoms until more serious health problems such as a heart attack or stroke occur. For this reason, regular blood pressure checks are important, especially for older people and those at higher risk of hypertension.

Treating hypertension often involves lifestyle changes, such as eating a healthy diet, getting regular physical activity, losing weight (if you're overweight), cutting back on alcohol, and quitting smoking. Sometimes, high blood pressure medication may also be needed, especially if lifestyle changes are not enough.

However, the most important thing is that hypertension cannot be ignored. Despite being a controllable condition, untreated hypertension can lead to serious and life-threatening health problems such as heart disease and stroke. If you think you have hypertension or are at risk, you should see your doctor to discuss possible symptoms and treatment strategies.

What causes hypertension?

Hypertension is a disease characterized by persistently high blood pressure in the blood vessels. It is a common condition that affects millions of people worldwide. The causes of hypertension are varied and may be related to genetics, environment and lifestyle factors.

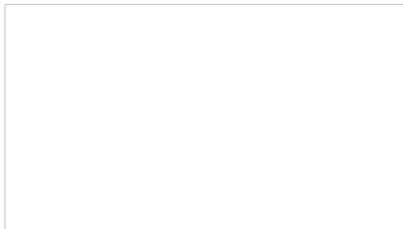
First, **genetic predisposition** can play an important role. People who have relatives with high blood pressure have a higher risk of developing hypertension. In addition, certain genetic conditions, such as polycystic kidney disease, can increase the risk of hypertension.

Second, **environmental factors** can also play a role. These can include excessive salt intake, an unbalanced diet, excessive alcohol consumption, smoking and stress. In addition, certain substances such as caffeine and drugs can also increase blood pressure.

Third, **lifestyle factors such as obesity and lack of physical activity** may play a role. People who are overweight or obese have a higher risk of developing hypertension because their blood vessels have to work harder to pump blood through more body tissue. Lack of physical activity can also contribute to hypertension by increasing the risk of cardiovascular disease.

Finally, **certain medical conditions and medications** can also cause hypertension. These may include kidney disease, hormonal disorders, the use of certain medications such as contraceptives or non-steroidal anti-inflammatory drugs.

Hypertension is a serious problem that requires medical attention. If you think you are at risk of developing hypertension, we recommend that you consult your doctor.



Hypertension - "silent killer"

Hypertension usually occurs without any clear symptoms and is therefore called the "silent killer". For this reason, it is very important to have your blood pressure checked regularly, as hypertension can only be detected by measuring your blood pressure.

However, in rare cases, when blood pressure becomes extremely high, people may experience some symptoms. These may include headache, shortness of breath, chest pain, dizziness, fast heartbeat, or ringing in the ears. These symptoms can occur not only with high blood pressure, but also with many other medical conditions, so it is important to consult a doctor if you notice them.

In some cases, if hypertension is not controlled for a long time, it can lead to complications such as heart attack, stroke, kidney disease or heart failure. This may include severe chest pain, difficulty speaking or moving, shortness of breath, weakness or tiredness, edema (swelling) in the legs, arms or face, changes in urination, nausea or vomiting. These symptoms are serious and require immediate medical attention.

Therefore, it is very important to have your blood pressure checked regularly, especially if you have a family history of hypertension, if you are elderly, or if you have a medical condition that increases your risk of hypertension.

Management and control of hypertension

Managing hypertension is a critical health issue, as poorly controlled hypertension can lead to serious health problems such as heart disease and stroke. Management of hypertension usually involves lifestyle changes and, if necessary, medication.

Lifestyle changes

These changes can be very effective in lowering blood pressure. A healthy diet, including the DASH (Dietary Approaches to Stop Hypertension) diet, which is rich in fruits, vegetables, lean protein sources, and low in salt, can help lower blood pressure. Physical activity, such as at least 30 minutes of moderate-intensity exercise most days of the week, can also help. Other lifestyle strategies include smoking cessation, moderate alcohol consumption, and stress management. Losing weight can also be very effective, especially if you are overweight or obese.

Medicines

In some cases, lifestyle changes may not be enough to control blood pressure, and medication may be needed. There are different classes of blood pressure medications, including diuretics, beta blockers, angiotensin converting enzyme (ACE) inhibitors, angiotensin receptor blockers (ARBs), calcium channel blockers, and others. Your doctor will be able to determine which drug or combination of drugs is best for you based on your medical condition and any other treatment plans.

Regular consultations with your doctor and blood pressure readings are important to help you assess whether your treatment plan is working. If your blood pressure is stable and your treatment plan is working, you will need to have your blood pressure checked regularly to make sure it remains stable.

Because each person is unique, it may take time and several trials to find the most appropriate hypertension management strategy. It is important to remember that this is a long-term process aimed at preventing serious health problems in the future.

Arterinio kraujo spaudimo kategorijų klasifikacija		
Kategorija	Sistolinis arterinis kraujo spaudimas (mm Hg)	Diastolinis arterinis kraujo spaudimas (mm Hg)
Optimalus	< 120	< 80
Normalus	120–129	80–84
Aukštas normalus	130–139	85–89
1 laipsnio arterinė hipertenzija (maža)	140–159	90–99
2 laipsnio arterinė hipertenzija (vidutinė)	160–179	100–109
3 laipsnio arterinė hipertenzija (didelė)	> 180	> 110
Izoliuota sistolinė hipertenzija	> 140	< 90
Žemas, bet normalus	90–100	60–65
Hipotenzija	< 90	< 60

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Can lowering cholesterol help manage hypertension?

Lowering cholesterol levels in the body can help manage hypertension and reduce the risk of cardiovascular disease. It has to do with the role of cholesterol in blood vessel health and function.

Cholesterol is a vital substance found in the membranes of all cells. However, too much cholesterol, especially when it comes to "bad" cholesterol, can build up on artery walls and form plaques or atheroma. This can lead to narrowing and hardening of the arteries, a condition called atherosclerosis.

Atherosclerosis can reduce blood flow through the arteries and increase blood pressure because the heart has to work harder to push blood through the narrowed arteries. This can increase the risk of cardiovascular disease, including coronary heart disease and stroke.

Lowering cholesterol can slow the progression of atherosclerosis and possibly even reverse it, improving arterial health and function. It can reduce blood pressure and the risk of cardiovascular disease.

Cholesterol can be lowered in a number of ways, including lifestyle changes such as a healthy diet, regular physical activity, and quitting smoking. Some people may need medication, such as statins, which are effective at lowering blood cholesterol.

It is always important to consult a healthcare professional before starting any new treatment regimen or lifestyle change.

Given the number of people worldwide who suffer from hypertension and the health risks it poses, investment in the prevention, early detection and effective management of this disease is essential. In protecting and improving people's health, hypertension is one of the areas that should be given the greatest attention.

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