

WORLD HYPERTENSION DAY: UNCOVERING THE HIDDEN SIGNS AND SYMPTOMS OF HIGH BLOOD PRESSURE

World
Hypertension
Day | 17 May

As we observe **World Hypertension Day**, it's essential to shed light on the often-silent yet deadly condition. Hypertension, or high blood pressure, is also known as a **'silent killer'** because you can suffer from high blood pressure without being aware of it. This is because hypertension can exist without any noticeable symptoms and continue to silently cause damage to the body. There are however some subtle signs that if noticed by you can give you the advantage in helping to diagnose it early and begin early treatment. Hypertension, can lead to severe health issues, including heart disease, if left undiagnosed and untreated. In this BLOG, we'll delve into the hidden signs and symptoms, the effects of high blood pressure on other organs, and the diagnosis and treatment options available.

The Devastating Effects of High Blood Pressure on Other Organs

High blood pressure can cause damage to your blood vessels and organs, particularly the:

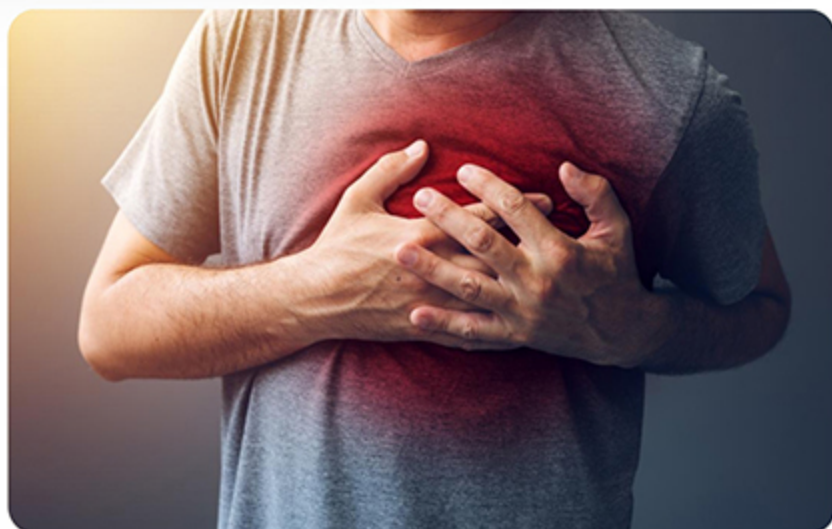
- **Brain:** Increasing the risk of stroke and dementia
- **Heart:** Leading to heart disease, heart failure and heart attack
- **Eyes:** Causing vision loss and blindness
- **Kidneys:** Damaging kidney function and leading to kidney failure

Hidden Signs and Symptoms of Hypertension

Hypertension is often referred to as a **"silent killer"** because it rarely exhibits noticeable symptoms, especially in its early stages. However, some people may experience:

- Flushing
- Blood spots in the eyes (sub-conjunctival haemorrhage)
- Dizziness

It's crucial to note that severe hypertension can cause more pronounced symptoms, but these may be attributed to other health issues. The best way to determine if you have hypertension is to get regular blood pressure readings.



Diagnosis and Treatment of Hypertension

Diagnosing hypertension involves taking regular blood pressure readings. A blood pressure reading consists of two numbers: systolic pressure (top number) and diastolic pressure (bottom number). The five categories of blood pressure readings for adults are:

- Healthy: Less than 120/80 mm Hg
- Elevated: 120-129/80 mm Hg
- Stage 1 hypertension: 130-139/80-89 mm Hg
- Stage 2 hypertension: 140/90 mm Hg or higher
- Hypertensive crisis: 180/120 mm Hg or higher (requires urgent medical attention)

Treatment for hypertension typically involves a combination of prescription medication and healthy lifestyle changes, such as:

- Maintaining a healthy weight
- Engaging in regular physical activity
- Eating a balanced diet low in sodium and rich in fruits, vegetables and whole grains
- Limiting alcohol consumption
- Quitting smoking

By understanding the hidden signs and symptoms, the effects of high blood pressure on other organs and the diagnosis and treatment options, we can take control of our health and reduce the risk of hypertension-related complications. This World Hypertension Day, let's take the first step towards a healthier, happier life.