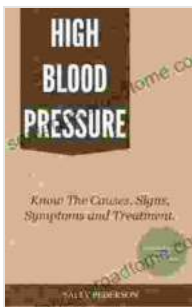


High Blood Pressure: Know the Causes, Signs, Symptoms, and Treatment

Hypertension, commonly known as high blood pressure, is a chronic medical condition characterized by elevated blood pressure levels in the arteries.

When blood pressure is high, it puts extra strain on the heart and blood vessels, which can lead to serious health problems such as heart disease, stroke, kidney disease, and even death.



High Blood Pressure - Know the Causes, Signs, Symptoms and Treatment by Sally Pederson

★★★★★ 5 out of 5

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Word Wise : Enabled
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The good news is that high blood pressure can be controlled and managed with proper treatment and lifestyle changes.

Causes of High Blood Pressure

The exact cause of high blood pressure is often unknown, but there are several risk factors that can increase your chances of developing the condition, including:

- Obesity
- Lack of physical activity
- Unhealthy diet
- Excessive alcohol intake
- Smoking
- Family history of high blood pressure
- Certain medical conditions, such as kidney disease and diabetes

Signs and Symptoms of High Blood Pressure

High blood pressure often has no symptoms, which is why it's important to have your blood pressure checked regularly.

However, some people with high blood pressure may experience symptoms such as:

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

Treatment for High Blood Pressure

The goal of treatment for high blood pressure is to lower blood pressure to a healthy level and reduce your risk of developing complications.

Treatment options for high blood pressure include:

- Lifestyle changes, such as losing weight, eating a healthy diet, and getting regular exercise
- Medication, such as ACE inhibitors, angiotensin II receptor blockers, beta-blockers, diuretics, and calcium channel blockers

High blood pressure is a serious condition, but it can be controlled and managed with proper treatment and lifestyle changes.

If you have high blood pressure, it's important to work with your doctor to develop a treatment plan that's right for you.

By following your treatment plan and making healthy lifestyle choices, you can reduce your risk of developing complications and live a long, healthy life.



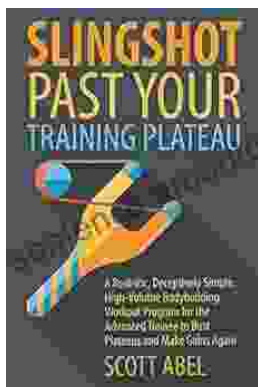
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