



Identification, Causes, and Treatment of High Blood Pressure

Daniel Sultzer*

Department of Cardiology, University of Groningen, Groningen, The Netherlands

DESCRIPTION

The force of blood pushing against the artery walls when the heart beats is known as blood pressure, or BP. When this force is persistently too high, it causes high blood pressure, or hypertension, which can result in a number of health issues, including heart disease, stroke, and kidney failure. The force of the blood against the arterial walls is known as Blood Pressure (BP). Through arteries, blood is carried from heart to other parts of body. Blood pressure normally rises and falls during the day. Here are the signs and symptoms for both illnesses that might be referred to as high blood pressure. Headaches, nosebleeds, shortness of breath, and chest pain are occasionally reported symptoms of high blood pressure, although they can also be brought on by other medical disorders. Low blood pressure low blood pressure symptoms, dizziness or light-headedness, especially when getting out of bed or sitting up.

Common causes for high blood pressure

There are numerous reasons that might cause high blood pressure, including:

Genetics: A hereditary component to the development of high blood pressure may exist given that it can run in families.

Age: As people age, their blood vessels grow more rigid, which may cause their blood pressure to rise.

Lifestyle factors: High blood pressure can be brought on by certain lifestyle choices, such as a diet high in salt and fat, inactivity, smoking, and binge drinking.

Stress: Extended periods of stress can result in the body's release of chemicals that raise blood pressure.

Medical conditions: Certain medical conditions, such as kidney disease, thyroid disorders, and sleep apnea, can contribute to high blood pressure.

Medications: Some medications, such as birth control pills, decongestants, and certain prescription drugs, can cause high blood pressure as a side effect.

Treatments of high blood pressure

Here are some common treatments for high blood pressure

Lifestyle changes: This includes eating a healthy diet, reducing salt intake, maintaining a healthy weight, exercising regularly, quitting smoking, and limiting alcohol consumption.

Medications: There are several classes of medications that can help lower blood pressure, including diuretics, ACE inhibitors, calcium channel blockers, beta-blockers, and Angiotensin Receptor Blockers (ARBs). The type of medication and dosage will depend on the individual's blood pressure readings and health status.

Medical procedures: In some cases, medical procedures may be necessary to treat high blood pressure.

These may include renal denervation, which involves destroying some of the nerves that contribute to high blood pressure, or angioplasty, which involves inserting a balloon into the arteries to widen them. It's important to work closely with a healthcare provider to develop a treatment plan that is tailored to your specific needs and goals. Regular monitoring and follow-up appointments are also important to ensure that the treatment is working effectively and to make any necessary adjustments.

Correspondence to: Daniel Sultzer, Department of Cardiology, University of Groningen, Groningen, The Netherlands, E-mail: sultzerd@gmail.edu

Received: 02-Mar-2023, Manuscript No. CPO-23-20480; **Editor assigned:** 06-Mar-2023, PreQC No. CPO-23-20480 (PQ); **Reviewed:** 20-Mar-2023, QC No. CPO-23-20480; **Revised:** 27-Mar-2023, Manuscript No. CPO-23-20480 (R); **Published:** 03-Apr-2023, DOI: 10.35248/2329-6607.23.12.333

Citation: Sultzer D (2023) Identification, Causes, and Treatment of High Blood Pressure. Cardiovasc Pharm. 12:333.

Copyright: © 2023 Sultzer D. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.