

Overview on Hypertension

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Definition

Hypertension is the term used to describe a chronic medical condition characterized by elevation in blood pressure of arteries. As a result of that heart is obligate to work harder than normal to circulate blood in the vessels.

Causes and Factors That Play Role in The Incidence of Hypertension

There are several factors and causes which play role in the incidence of blood pressure, the causes and factors as the following:

- Genetic variations
- Smoking
- Obesity and overweight
- Lack of physical activity
- Diabetes
- Excessive amounts of fluids and salt taken per-day
- Problems associated with Kidneys, nervous system and blood vessels
- Disturbance in the body hormones

While the factors that play role in lowering blood pressure are the following:

- Reduce dietary salt intake
- Increases fruit intake and low fat dietary products
- Weight loss
- Exercises

- Release of stress by using relaxation techniques
- Reduce alcohol and caffeine intake.

Signs and Symptoms of Hypertension

The main signs and symptoms associated with hypertension are the following:

- Headache (specifically the back of the head)
- Development of heart and kidney problems
- Tinnitus
- Alteration in the vision
- Nausea and/or vomiting
- Confusion
- Lightheadedness.

Diagnoses of Hypertension

The diagnosis mainly depends on the measurement of blood pressure for three separated times during one month interval, and when the results of the three sphygmomanometer measurements show that there is an elevation in blood pressure. Then the patient will be diagnosed as a patient suffering from hypertension.

Role of Open Access Journal in This Point

Therefore, it is a very important point for the open access journals to encourage researchers and clinicians to work hard in order to clarify the risks of hypertension and the main causes and factors which play role in the incidence of hypertension, and the main ways to avoid its incidence.

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