

HYPERTENSION



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WHAT IS HYPERTENSION

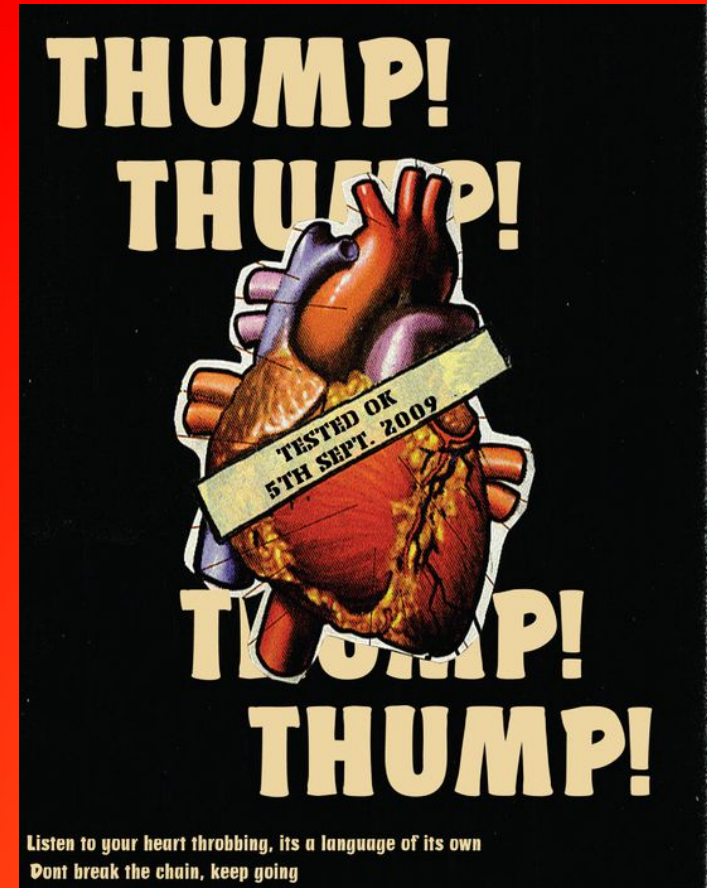
Hypertension is not a disease itself but a condition which causes many cardiovascular diseases.

Hypertension is termed as increase

In blood pressure of more than **140 over 90 mm**

TYPES OF HYPERTENSION

- **ESSENTIAL**
- **SECONDARY**

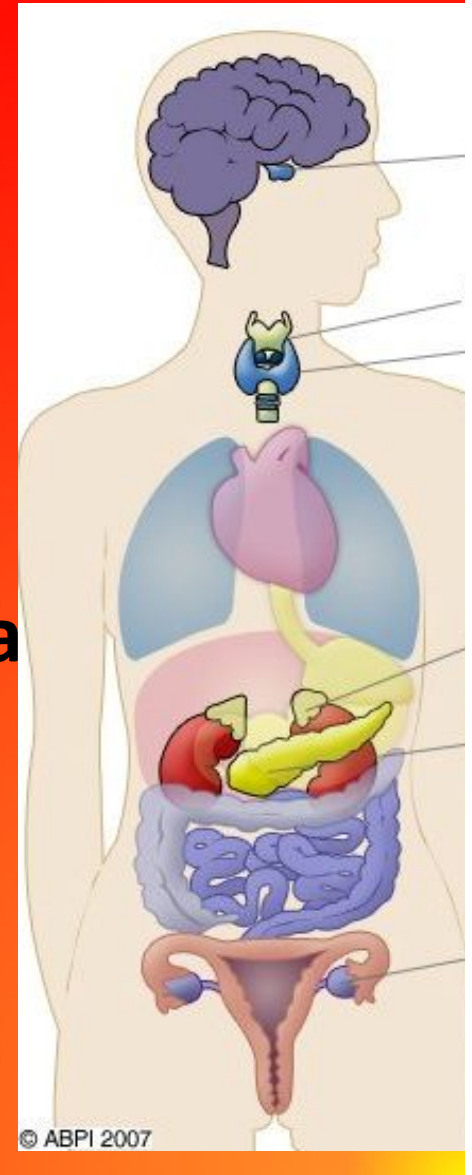


ESSENTIAL HYPERTENSION

- the form of Hypertension that has no identifiable cause.
- most common type of hypertension,
- affecting 95% of hypertensive patients
- it tends to be familial
- likely to be the consequence of an interaction between environmental and genetic factors.

SECONDARY HYPERTENSION

- **RENAL** – renal artery stenosis
- **ENDOCRINE** – hyperthyroidism,
- **CARDIOVASCULAR** – rigidity of aorta
- **NEUROLOGIC** – sleep apnea



GRADING OF HYPERTENSION

Table 3 Definitions and classification of office blood pressure levels (mmHg)^a **2013 ESH/ESC**

Category	Systolic		Diastolic
Optimal	<120	and	<80
Normal	120–129	and/or	80–84
High normal	130–139	and/or	85–89
Grade 1 hypertension	140–159	and/or	90–99
Grade 2 hypertension	160–179	and/or	100–109
Grade 3 hypertension	≥180	and/or	≥110
Isolated systolic hypertension	≥140	and	<90

^aThe blood pressure (BP) category is defined by the highest level of BP, whether systolic or diastolic. Isolated systolic hypertension should be graded 1, 2, or 3 according to systolic BP values in the ranges indicated.

INCIDENCE OF HYPERTENSION

- Worldwide, raised blood pressure is estimated to cause 7.5 million deaths per year.
- about 12.8% of the total of all deaths.
- This accounts for 57 million disability adjusted life years.




FIGURE 03

**AGE-STANDARDIZED
PREVALENCE OF
RAISED BLOOD
PRESSURE IN ADULTS
AGED 25+ YEARS**

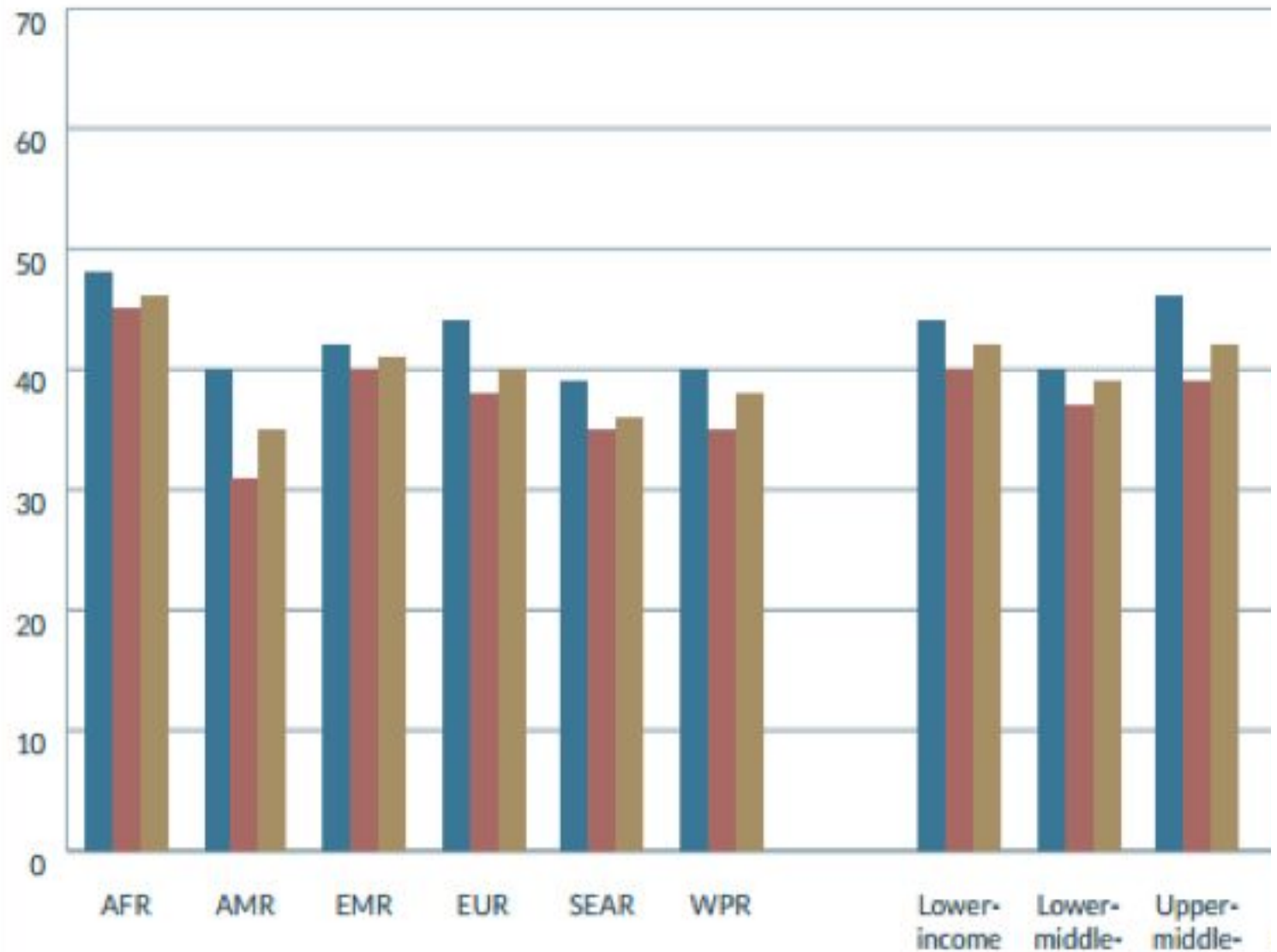
by WHO Region and World
bank income group, comparable
estimates, 2008

Source:

*Global status report on
noncommunicable diseases
10, Geneva, World Health
Organization, 2011*

Men 
Women 
Both sexes 

AFR: Africa Region
AMR: Region of the Americas
EMR: Eastern Mediterranean Region
EUR: European Region
SEAR: South-East Asia Region
WPR: Western Pacific Region



RISK FACTORS

- ❖ AGE
- ❖ Being overweight or obese
- ❖ Using tobacco
- ❖ Drinking too much alcohol
- ❖ Too much salt (sodium) in your diet



CONTROL

- ❖ EAT HEALTHY FOOD
- ❖ DECREASE SODIUM INTAKE
- ❖ INCREASE PHYSICAL ACTIVITY
- ❖ MANAGE STRESS




KEEP
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CALM
AND
DON'T
STRESS ME

**THANK
YOU**