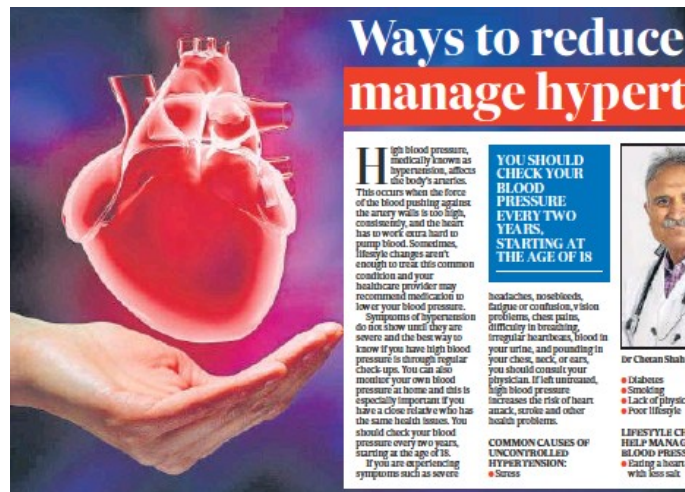


Ways to reduce and manage hypertension

HT Cafe · 27 Sep 2022 · 03 · HTC The author of this article is Dr Chetan Shah, director, Cath lab, Zynova Heart Hospital and Heart Rhythm Clinic, Mumbai Disclaimer: The veracity of any claims made in the above article is the responsibility of the concerned hospital/doctor

High blood pressure, medically known as hypertension, affects the body's arteries. This occurs when the force of the blood pushing against the artery walls is too high, consistently, and the heart has to work extra hard to pump blood. Sometimes, lifestyle changes aren't enough to treat this common condition and your healthcare provider may recommend medication to lower your blood pressure.



Symptoms of hypertension do not show until they are severe and the best way to know if you have high blood pressure is through regular check-ups. You can also monitor your own blood pressure at home and this is especially important if you have a close relative who has the same health issues. You should check your blood pressure every two years, starting at the age of 18.

If you are experiencing symptoms such as severe headaches, nosebleeds, fatigue or confusion, vision problems, chest pains, difficulty in breathing, irregular heartbeats, blood in your urine, and pounding in your chest, neck, or ears, you should consult your physician. If left untreated, high blood pressure increases the risk of heart attack, stroke and other health problems.

COMMON CAUSES OF UNCONTROLLED HYPERTENSION:

Stress

Diabetes Smoking

Lack of physical exercise Poor lifestyle

LIFESTYLE CHANGES TO HELP MANAGE HIGH BLOOD PRESSURE:

Eating a heart-healthy diet with less salt

Regular physical activity Maintaining a healthy weight or losing weight Limiting alcohol

Not smoking Getting seven to nine hours of sleep every day. In conclusion, lifestyle modification with regular exercise, proper diet, reduction of stress, practise of yoga and meditation, keeping diabetes under control, quitting smoking and alcohol, and seeking guidance from your doctor can help you keep hypertension under control and allow you to lead a healthier and happier life.

YOU SHOULD CHECK YOUR BLOOD PRESSURE EVERY TWO YEARS, STARTING AT THE AGE OF 18