



What is high blood pressure?

High blood pressure is caused when the blood pressure of individuals increases in an unhealthy way.

In this condition force of the blood is much higher on the walls of the artery where Blood pressure is also called hypertension.

It really affects the heart and arteries because they lead to increase pressure or workload on the heart and arteries to pump blood that may cause many problems for health.

Hypertension can cause damage to mostly heart, brain, eyes, and kidneys this may lead to strokes and heart attacks mainly.

Don't worry it is a very common problem mostly in old peoples and nowadays it also causes adults.

In this article, we are going to discuss **what is high blood pressure**, high blood pressure symptoms, causes of high blood pressure, Medication for high blood pressure and high blood pressure chart to understand to better get it over.

High blood pressure symptoms



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Hypertension is a silent killer people suppose it is a normal problem but it really not good for health and many times people don't experience high blood pressure symptoms.

It may take much time to understand the symptoms but this leads to follows some health issues slowly.

High blood pressure symptoms are as follow:

- Shortness of breath
- Chest pain
- Headaches
- Nosebleeds
- Some time blood in the urine
- Dizziness
- Flushing

These are some common **high blood pressure symptoms** that if you see any of the symptoms in a continuous period of time you should visit a doctor or health expert to start its treatment.

In the starting phase of hypertension, you can tackle it by getting proper treatment and medication.

Causes of high blood pressure



There are generally so many causes of high blood pressure when there are certain changes that occur in the body that may be a reason for hypertension.

High blood pressure may be genetic some time as you may get from your father, mother, or grandfathers.

A **cause of high blood pressure** is many effects to people with the following problems:

- People with kidney disease
- Obesity (people who are overweight)
- Diabetic patient
- Lupus
- People how to suffer from overactive or underactive thyroids
- A most common reason is an unhealthy lifestyle
- Addicted to drugs and alcohol
- Depression

This is some common causes of high blood pressure if you have such a problem you should have to take care of yourself more.

Medication for high blood pressure

Some of the **mediation for high blood pressure** can help to treat hypertension that includes:

CCBs:

Calcium channel blockers (CCBs) help to decrease the level in vessels that reduce the contraction vessels, smoothes muscles that may reduce blood pressure in certain dance.

ACE:

Angiotensin-converting enzyme (ACE) regulates some hormones that tend to decrease symptoms of hypertension.

Such as this there are so many medications like rennin inhibitors, beta-blockers, and thiazide diuretics that help in many ways to reduce hypertension problems.

What health lifestyle helps to change that help to avoid the problem of high blood pressure:

Weight loss

The most common reason for hypertension problems is high weight so you have to try to lose weight.

Weight is the best medication for weight loss by starting exercise and improving your diet plan.

Exercise

Research says that people who do exercise have lowered the chance of much disease and hypertension is one of them.

Daily exercise for 30 minutes improves your heart health, improves muscles, and also reduce the chances of many diseases.

Normal blood pressure

Blood pressure is calculated by stethoscopes that exert pressure on the arm and calculate to force applied on veins.

Normal blood is less than 120/80 mm Hg and elevated to 120 to 129/80 mm Hg.

Conclusion:

To reduce high blood pressure symptoms you can have to follow all medication tips properly and also has to include some healthy habits to tackle this problem.

I think you get all information that what is high blood pressure, causes of high blood pressure, Medication for high blood pressure, and much more that will be helpful information to understand this problem properly and get over it fast.

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