

Invisible Killer: How to Stop Hypertension

High blood pressure, or hypertension, is a major risk factor for heart disease, stroke, kidney failure, and other serious health problems. It is often called the "silent killer" because it can have no symptoms, even when it is dangerously high.



Invisible killer. How to stop hypertension ?

by Wolfgang Dauber

★★★★☆ 4.1 out of 5

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The good news is that hypertension can be prevented and controlled with lifestyle changes and medication. In this book, Dr. [Author's Name] provides a comprehensive guide to understanding and managing hypertension.

What is hypertension?

Hypertension is a condition in which the blood pressure is persistently elevated. The blood pressure is measured in millimeters of mercury (mm Hg) and is expressed as two numbers: the systolic blood pressure and the diastolic blood pressure.

The systolic blood pressure is the pressure in the arteries when the heart beats. The diastolic blood pressure is the pressure in the arteries when the heart rests between beats.

Hypertension is diagnosed when the systolic blood pressure is 140 mm Hg or higher or the diastolic blood pressure is 90 mm Hg or higher.

What causes hypertension?

The exact cause of hypertension is unknown, but it is thought to be caused by a combination of genetic and environmental factors. Some of the risk factors for hypertension include:

- Age: The risk of hypertension increases with age.
- Race: African Americans are more likely to develop hypertension than other racial groups.
- Family history: A family history of hypertension increases the risk of developing the condition.
- Obesity: Being overweight or obese increases the risk of hypertension.
- Unhealthy diet: A diet high in sodium and low in potassium can increase the risk of hypertension.
- Physical inactivity: Physical inactivity increases the risk of hypertension.
- Smoking: Smoking cigarettes increases the risk of hypertension.
- Excessive alcohol intake: Excessive alcohol intake can increase the risk of hypertension.

What are the symptoms of hypertension?

Hypertension often has no symptoms, even when it is dangerously high. However, some people with hypertension may experience symptoms such as:

- Headaches
- Dizziness
- Blurred vision
- Nausea
- Vomiting
- Fatigue
- Shortness of breath
- Chest pain

How is hypertension treated?

The goal of hypertension treatment is to lower the blood pressure to a healthy level. This can be achieved with lifestyle changes and medication.

Lifestyle changes

Some of the lifestyle changes that can help to lower blood pressure include:

- Losing weight
- Eating a healthy diet
- Getting regular exercise

- Quitting smoking
- Limiting alcohol intake
- Managing stress

Medication

If lifestyle changes are not enough to lower blood pressure, medication may be necessary. There are a variety of medications that can be used to treat hypertension. The type of medication that is prescribed will depend on the individual's needs.

How can I prevent hypertension?

There are a number of things you can do to help prevent hypertension, including:

- Maintain a healthy weight
- Eat a healthy diet
- Get regular exercise
- Quit smoking
- Limit alcohol intake
- Manage stress

Hypertension is a serious health condition, but it can be prevented and controlled with lifestyle changes and medication. If you are concerned about your blood pressure, talk to your doctor.

Dr. [Author's Name] is a leading expert on hypertension. His book, Invisible Killer: How to Stop Hypertension, provides a comprehensive guide to understanding and managing this condition.

If you are looking for a way to lower your blood pressure and improve your health, I highly recommend reading this book.



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