

BLOOD PRESSURE

Blood pressure

What is blood pressure?

Blood pressure is the force of your blood pushing against the walls of your arteries. Every time your heart beats, **it pumps blood through your arteries.** Your blood pressure is highest when your heart beats, pumping blood. This is called the systolic pressure. When your heart is at rest, between beats, your blood pressure drops. This is called diastolic pressure.

How is high blood pressure diagnosed?

High blood pressure has no symptoms. So the only way to find out if you have high blood pressure is through regular check-ups when you visit your healthcare provider. Your provider will use a meter, stethoscope, or electronic sensor and blood pressure cuff and take two or **more** measurements at separate medical appointments before making a diagnosis.

What are the different types of high blood pressure?

There are two main types of high blood pressure: Primary and Secondary:

Primary or essential: It is the most common type of high blood pressure. **It usually develops over time as you age**

Secondary: **It is caused by another medical condition or the use of certain medications.** Usually improves when the cause is treated or **when you stop taking the drugs that cause it**

What are the treatments for high blood pressure?

Treatments for high blood pressure include heart-healthy lifestyle changes and medications.

Your healthcare provider will work with you on a treatment plan. **It may include only lifestyle changes.** These changes, **like heart-healthy eating and**

exercise, can be very effective. However, sometimes the changes do not control or lower high blood pressure. If that happens, you may need to take medicine. **There are different types of blood pressure medicine.** Some people need to take more than one type.

What is high blood pressure?

Blood pressure is the force with which your blood flows through the arteries in your body. Arteries are blood vessels that carry blood from your heart to the rest of your body. When your heart beats, **it pushes blood through your arteries.** As the blood flows, it puts pressure on the walls of the arteries. **This is called blood pressure.**

High blood pressure (also called hypertension) occurs when blood passes through the arteries at a higher pressure than normal. **Many different things can cause high blood pressure.** If your blood pressure gets too high or stays high for a long time, it can cause health problems. Uncontrolled high blood pressure puts you at higher risk for stroke, heart disease, heart attack, and kidney failure.

There are two types of high blood pressure.

Primary hypertension. **It is also called essential hypertension.** It's called this when there is no known cause for your high blood pressure. This is the most common type of hypertension. This type of blood pressure usually takes many years to develop. It's probably the result of your lifestyle, environment, and how your body changes as you age.

Secondary hypertension. This is when your high blood pressure is caused by a health problem or medicine. Secondary hypertension causes include:

- Renal problems.
- Sleep apnea.
- Thyroid or adrenal gland problems.
- Some medications

What are the symptoms of high blood pressure?

Most people with high blood pressure have no symptoms. **That is why she is sometimes called "the silent killer."** It is very important to monitor your blood pressure on a regular basis.

Some people with high blood pressure experience headaches, nosebleeds, or shortness of breath. However, those symptoms can mimic many other things (serious or not). These symptoms usually occur after blood pressure has reached a **dangerously** high level for a period of time.

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