



Mi Universidad

Super Nota

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Nombre del tema: Hipertensión Arterial.

Nombre de la Materia: Patología del adulto.

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Hipertensión Arterial

¿Que es?

La presión arterial alta es una enfermedad común que afecta a las arterias del cuerpo. También se conoce como hipertensión. Si tienes la presión arterial alta, la fuerza que ejerce la sangre contra las paredes de las arterias es muy alta constantemente. El corazón debe trabajar más para bombear sangre.



Sintomas

La mayoría de las personas con presión arterial alta no tienen síntomas, incluso si las lecturas de presión arterial alcanzan niveles peligrosamente altos. Algunas personas con hipertensión arterial pueden presentar lo siguiente:
Dolores de cabeza, Falta de aire, Sangrados nasales.



Causas

Cuanta más sangre bombee el corazón y cuanto más estrechas sean las arterias, mayor será la presión arterial.

Existen dos tipos principales de presión arterial alta:

- Hipertensión primaria (hipertensión esencial)
- Hipertensión secundaria

Este tipo de presión arterial alta se debe a una afección subyacente

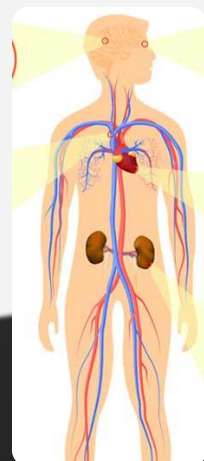
Factores de Riesgo

Edad ,Raza ,Antecedentes familiares ,Obesidad o sobrepeso ,Falta de ejercicio ,Consumo de tabaco o vapeo ,Demasiada sal ,Niveles bajos de potasio ,Consumo excesivo de alcohol ,Estrés ,Ciertas afecciones crónicas ,Embarazo.



Complicaciones

El exceso de presión en las paredes de las arterias que provoca la presión arterial alta puede dañar los vasos sanguíneos y los órganos del cuerpo. Cuanto más alta sea la presión arterial y más tiempo pase sin controlarse, mayor será el daño. Ataque cardíaco o accidente cerebrovascular ,Aneurisma ,Insuficiencia cardíaca ,Problemas renales.



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