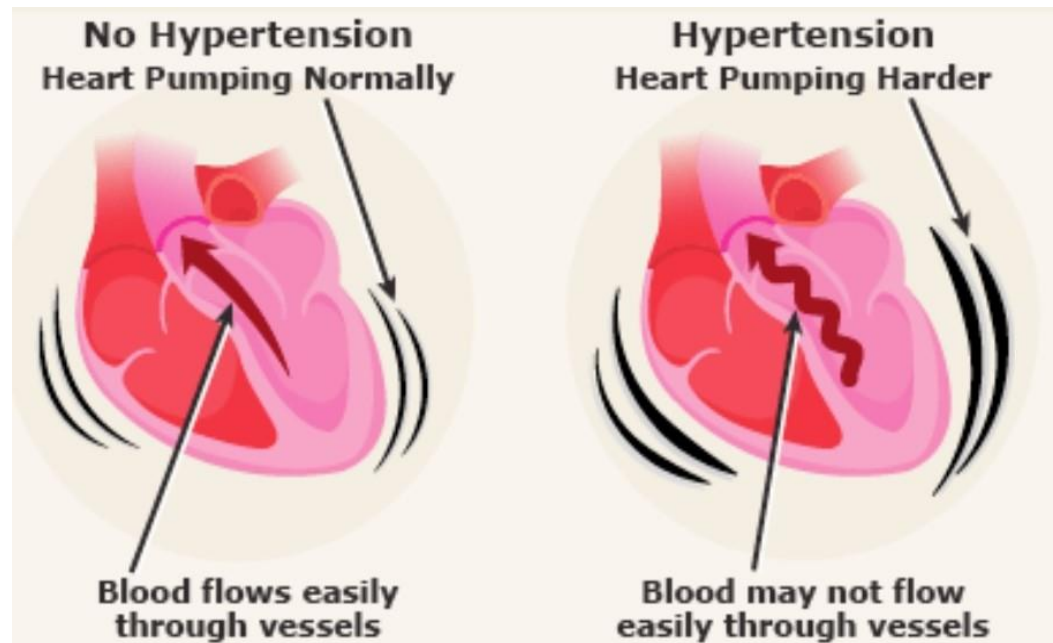


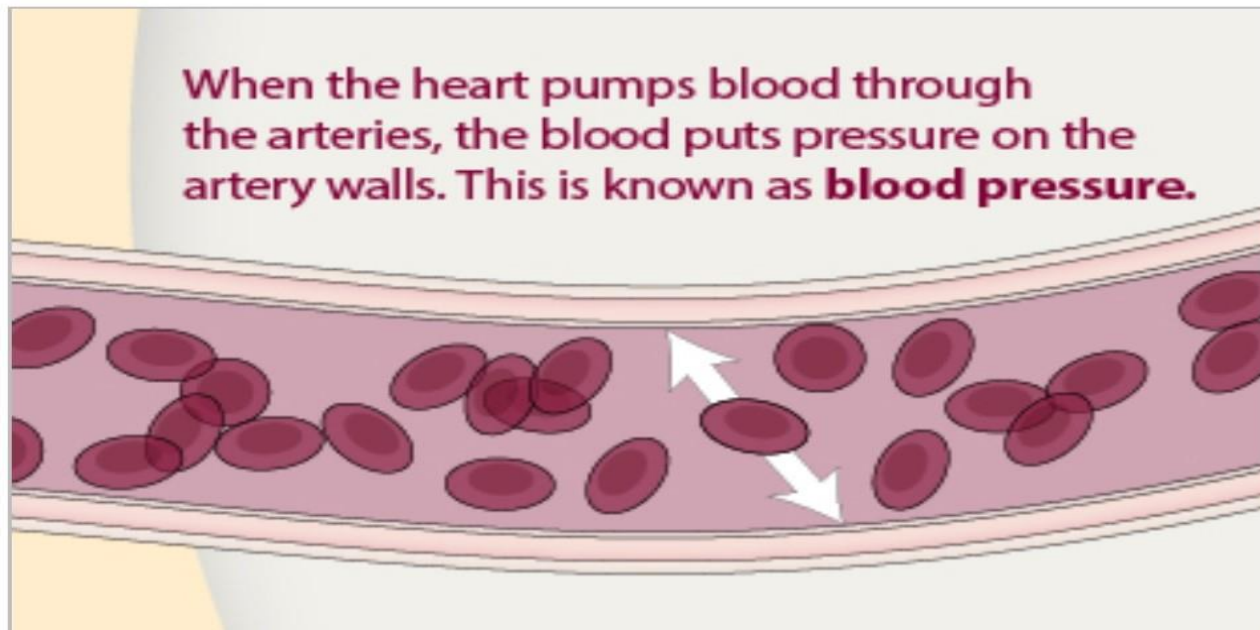
# HYPERTENSION



# DEFINITION

- Blood pressure above 140/90 is commonly known as hypertension.

## What is blood pressure?



# TYPES

- **Essential hypertension-** It is hypertension of unknown cause.
  - **Chronic hypertension-**It is rise in blood pressure from slight to moderate which continues to rise over many years.
  - **Malignant hypertension-** An already elevated blood pressure which continues to rise rapidly over a few months.
- **Secondary hypertension-**It is hypertension resulting from other diseases.
- **Other types:**
  - **Borderline hypertension-**It is defined as intermittent elevation of B.P. with normal readings.
  - **White coat hypertension-** It is due to the anxiety only in the presence of doctor or nurse or in the hospital.



# CHRONIC HYPERTENSION

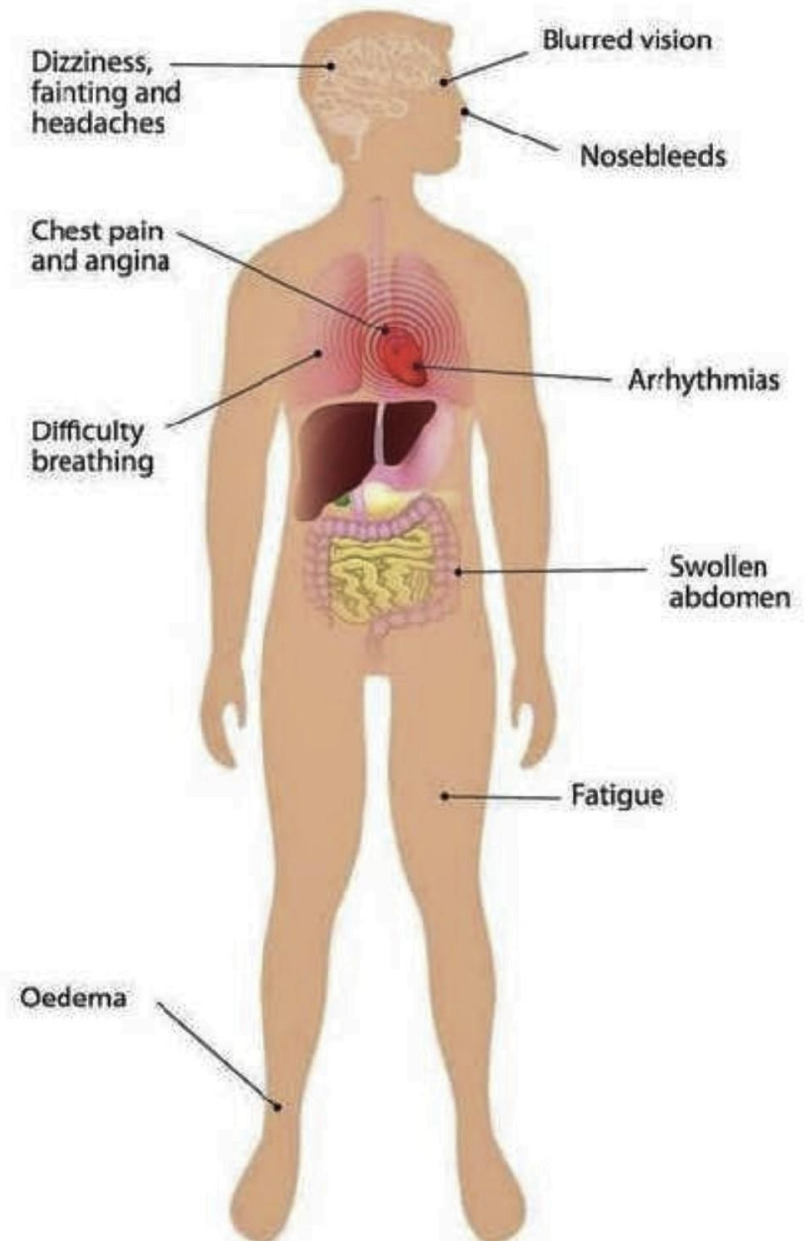
It is rise in blood pressure from slight to moderate which continues to rise over many years.

- **Causes:**
- Inherited tendency
- Obesity
- Excessive alcohol intake
- Cigarette smoking
- Lack of exercise



# SYMPTOMS

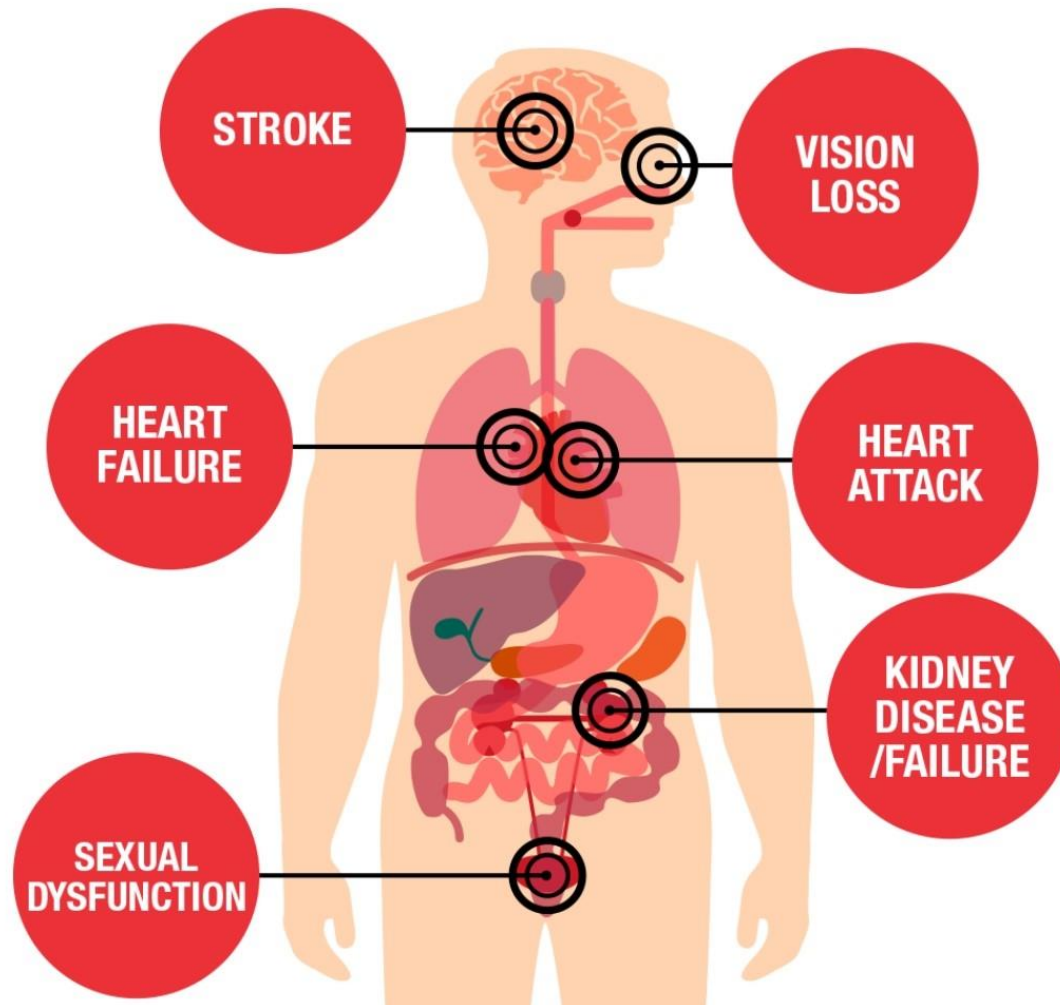
- Fatigue
- Dizziness
- Blurred vision
- Proteinuria
- Haematuria ( blood in urine)
- Cardiac asthma
- Angina pain
- Epistaxis ( nose bleeding)
- Breathlessness
- Tinnitus
- Palpitation



# PHYSICAL SIGNS OF HIGH B.P.: STRESS



# COMPLICATIONS ASSOCIATED WITH HYPERTENSION





# COMPLICATIONS CONTD.....

## Main complications of persistent High blood pressure

