

## Hypertension

What is high blood pressure or hypertension?

Blood pressure is the force of blood against the artery walls as it circulates through the body. High blood pressure or hypertension is the constant pumping of blood through blood vessels with excessive force.

What causes hypertension?

Blood pressure tends to rise as people get older and thus everyone's risk for hypertension increases with age. Behaviour and lifestyle-related factors can put people at a higher risk for developing high blood pressure. This includes eating too much salt (sodium), not eating enough potassium (from fruits and vegetables), being overweight, not getting enough exercise, as well as drinking too much alcohol and smoking. About 60% of people who have diabetes also have high blood pressure. Hypertension can be hereditary. People can inherit genes that make them more likely to develop the condition. The risk for high blood pressure can increase even more when heredity is combined with unhealthy lifestyle choices.

What are the symptoms of hypertension?

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not realize they have it; that is why it's important to get blood pressure checked regularly. Hypertension is usually without any symptoms, but could give rise to early-morning headache, nosebleed, irregular heartbeats and buzzing in the ears. Symptoms of severe hypertension include tiredness, nausea, vomiting, confusion, anxiety, chest pain and muscle tremors.

The only way to detect high blood pressure is to have it measured by a doctor or a health professional.

### Questions: (Express your ideas)

- 1. What is hypertension?**
- 2. What factors that can cause hypertension?**
- 3. What are the symptoms of hypertension?**
- 4. What is the treatment for hypertension?**
- 5. Why Hypertension is called the "silent killer"?**
- 6. What are the ways to prevent the occurrence of hypertension?**
- 7. How can you give advises to a patient who has hypertension?(role play)**