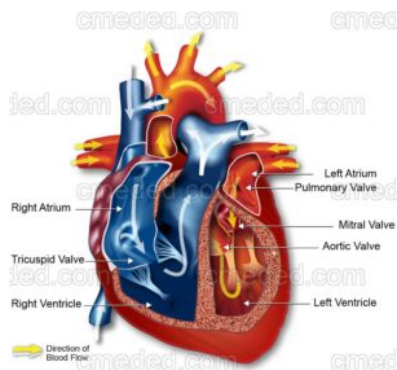
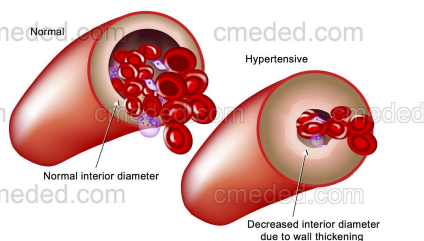


Understanding Hypertension (High Blood Pressure)



Hypertension



What is Hypertension?

Blood pressure is the pressure created as the heart beats in order to circulate blood throughout the body to allow for tissues and organs to function properly. Blood pressure is a result of systolic pressure and diastolic pressure, which are both represented numerically in a blood pressure reading. Systolic pressure occurs when blood pumps out of the heart and into arteries. Diastolic pressure is created when the heart rests between beats. **Hypertension**, or high blood pressure, is when the force of blood pushing against the walls of blood vessels is too high causing the heart and blood vessels to work harder and less efficiently. High blood pressure may lead to serious damage and health conditions if steps are not taken to manage it. Two types of hypertension that may result if high blood pressure is not managed are described below.

- › **Pulmonary Hypertension:** Pulmonary Hypertension (PHT) is high blood pressure in the heart-to-lung system which delivers oxygenated blood to the heart while returning oxygen-depleted blood to the lungs. Pulmonary blood pressure focuses on the pressure of blood flow in the lungs. Normal pulmonary blood pressure is between 8 and 20 mmHg at rest. If pulmonary blood pressure goes above 25 mmHg at rest or 30 mmHg during physical activity pulmonary hypertension may be diagnosed. Symptoms of PT include: shortness of breath, **fatigue**, chest pain, fainting and light-headedness. If PHT persists, pressure in the arteries rises and the heart must work harder to force blood through eventually leading to heart failure. If you experience any of these symptoms or recognize a high pulmonary blood pressure reading, talk to your physician. He or she may recommend tests and procedures to diagnose PHT or determine its causes and severity.
- › **Resistant Hypertension:** Resistant hypertension is diagnosed when the patient has made lifestyle changes and takes medication, but his or her hypertension persists. This may mean that there is an underlying cause of the high blood pressure which may include any of the following conditions: abnormalities in hormones, sleep problems, accumulation of artery-clogging plaque, obesity, or heavy intake of alcohol. In order to manage Resistant Hypertension, lifestyle changes may need to be made including limiting alcohol consumption, maintaining healthy weight, eating a well-balanced diet, and properly taking medications.

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