

### Defining Hypertension

Blood pressure is the force exerted by circulating blood against the walls of the body's arteries, the major blood vessels in the body.

B.P is written as two numbers:

(i) Systolic- the pressure in blood vessels when the heart contracts or beats. (ii) Diastolic- the pressure in the vessels when the heart rests between beats.

Hypertension is when blood pressure is too high

### Risk Factors

MODIFIABLE	NON MODIFIABLE
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Unhealthy Diet (high fat, high sodium, low potassium)	Age > 65
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Physical Inactivity	Race (african heritage)
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Overweight or Obesity	Family History
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Excessive Alcohol consumption	Co existing chronic conditions (sleep apnea, renal disease, diabetes)
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Smoking Tobacco

Stress

### Aetiological Classification

#### Primary / Essential Hypertension

- Accounts 95% patients, no specific cause identified

**Secondary Hypertension** - In few cases, due to identifiable cause

#### Secondary Hypertension

Several kidney diseases:

Diabetic Nephropathy (renal parenchymal disease)

Polycystic Kidney Disease

Glomerular Disease Renovascular Hypertension

Medical conditions (Endocrine):

Cushing's Syndrome Hyperaldosteronism (Conn's Syndrome) Pheochromocytoma Thyroid Disorders Hyperparathyroidism

Medications and supplements:\*  
Birth control pills, cold remedies, decongestants, ephedrine, anabolic steroids, corticosteroids over-the-counter pain relievers and some prescription drugs Illegal drugs- cocaine and amphetamines

Other possible causes include:  
Coarctation of the Aorta Sleep Apnea Obesity Pregnancy

