

## Hypertension and Its Causes

There are probably thousands of people walking among us who have a dangerously high blood pressure, yet they have no knowledge of it or its dangers.

Uncontrolled high blood pressure leads to various medical problems such as

- \* Kidney disease
- \* Stroke
- \* Coronary Disease

Different factors that lead to elevated blood pressure include

- \* Stress (Up to a point)
- \* Excess sodium
- \* Excess alcohol
- \* Excess salt

The dangerous problem with hypertension or high blood pressure, as it's commonly called, is that very it is very common for people to be unaware that it is afflicting them until they start suffering the serious results. Though symptoms of hypertension or high blood pressure are uncommon, some people do complain of dizziness, blurred vision, headaches, and light headedness. This is what leads to its nickname: the silent killer.

Salt intake directly effects blood pressure. Salt intake as well as dietary potassium intake have been found to have adverse health effects. Obesity is another important factor. Obese people are more likely to have elevated blood pressure than their thin counterparts. Excess weight causes the heart and other vital organs to work harder, leading to added strain. Alcohol also directly affects hypertension. Several studies have shown that the higher the alcohol consumption, the higher the blood pressure. However, similar studies have also indicated that moderate drinkers appear to have a lower blood pressure than non- drinkers.

The only way to be certain whether you have high blood pressure is by having it checked by a medical professional. The procedure is painless and every adult should have their blood pressure taken at minimum on an annual basis. The contraceptive pill can also lead to elevated blood pressure so, for women who take them, it is important that no matter what their age, they have their blood pressure checked regularly.