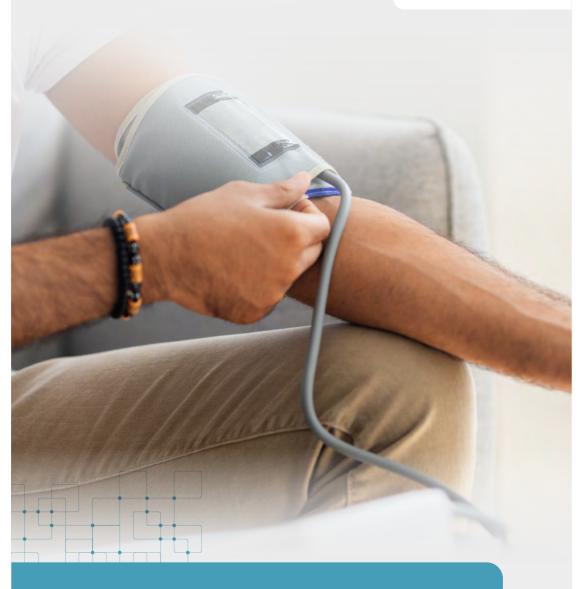
فقيه.

اكاديميــة فقيــه الطبيــة Fakeeh Care Academy

مجموعة فقيه للرعاية الصحية Fakeeh Care Group



# **Essential hypertension**



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### **ESSENTIAL HYPERTENSION**

Essential hypertension (high blood pressure) is a common disease without symptoms in many cases. It is known as a silent disease and may lead to strokes and heart attacks. Therefore, your blood pressure must be measured periodically for early detection to give treatment and prevent complications.

#### Symptoms associated with hypertension:

- Often, the symptoms do not appear clearly, but they may lead to a headache affecting the back of the head.
- A severe increase in blood pressure may lead to blurring of the vision.
- Difficulty breathing and chest pain.

#### Health instructions at home depend on the doctor's instructions:

- It is recommended that you have a blood pressure machine to measure your blood pressure once or twice a day—in the morning and evening—to know your blood pressure level.
- The blood pressure readings may change according to your general mood or tension, so do not rely on only one reading.
- Follow up with your doctor periodically.
- Take the treatment regularly, even if your blood pressure is normal.
- Reduce table salt and oils in your food and increase fruits and vegetables in your diet.
- Exercise at least 30 minutes per day or 150 minutes a week.
- · Avoid gaining weight.
- Gradually stop smoking (if you have difficulties quitting smoking, you can attend the clinic for smoking cessation).
- Avoid consuming many stimulants such as tea and coffee.
- Keep a list of your prescribed medications and bring it with you in case of an outpatient visit.

#### Symptoms that require you immediately go to the emergency department:

- severe headache If other causes are excluded
- blurring vision
- lack of concentration or change in the degree of consciousness
- nose bleeding
- difficulty breathing or chest pain
- systolic blood pressure (the upper reading) greater than 200 or diastolic pressure (the lower reading) greater than 120.

## فقیه.

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