



Essential hypertension

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.

فقيه.

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