

HYPERTENSION: DEGREES AND SYMPTOMS YOU NEED TO KNOW**Khodjanova Tuygunoy Rakhmonberdievna****Urgench branch of the Tashkent Medical Academy**

Annation. Hypertension is often asymptomatic and is detected already at the second stage, when blood vessels, heart and kidneys are affected. How to recognize it in time and what to do if anxiety suddenly arises - read our article. What blood pressure can be with hypertension. Arterial hypertension is diagnosed with a persistent increase in systolic pressure above 139 mm Hg or a persistent increase in diastolic pressure above 89 mm Hg. If such figures are registered twice or more at rest, this is a clear symptom of the disease and a reason to consult a cardiologist. At the first stage, it is possible to reduce blood pressure without medication if you consult a doctor in time and change your lifestyle.

Key words: heart, hypertension, headaches, emotional stress, asymptomatic course

With the second stage of arterial hypertension, lifestyle correction and medication are mandatory. At a pressure above 160/100 mm Hg, the vessels, heart and kidneys work in maximum load mode - this is fraught with hypertensive crises, heart and kidney failure.

Blood pressure above 180/110 mm Hg is a direct risk of heart attack and stroke, at this stage of the disease, combination therapy with several drugs is prescribed. How to suspect hypertension. To detect symptoms of the disease in time, people over 40 years old, as well as everyone who suffers from chronic heart disease, are recommended to measure blood pressure daily, at least once a day. This should be done at the same time of day, while in a calm state. At least half an hour should pass after physical, emotional stress, smoking and drinking coffee. In cold weather, before measuring your blood pressure, you should spend 10 minutes in a warm room.

When it is necessary to measure blood pressure

Regular headaches.

Sudden heart palpitations at rest (in the absence of physical exertion, stress and negative thoughts).

Long-term arrhythmia (heart rhythm failure).



Shortness of breath.

Long-term chest pain (in particular, in front behind the sternum), which intensifies with physical exertion.

Ringing in the ears and head, especially in combination with a feeling of pain in the auricles.

Panic attack - a state of unexplained panic for no apparent reason, often accompanied by arrhythmia, rapid heartbeat, a feeling of heat, chills or their alternation, can be a sign of a hypertensive crisis.

A combination of any of these symptoms with dizziness or nosebleeds.

Arterial hypertension - signs and symptoms of an emergency

Chest pain, especially burning, pressing or stabbing pain, as well as radiating to the shoulder or jaw - a possible sign that the heart is not getting enough oxygen and part of the heart muscle may die, causing a heart attack.

Numbness of the limbs or loss of mobility (complete or partial).

Loss of visual fields, impaired coherent speech, facial asymmetry - one of the main signs of a stroke.

Loss of orientation in space or sudden memory lapses - both can be a sign of insufficient blood supply to the brain, which also leads to a stroke.

What can be done before the doctor arrives:

keep the patient still, calm him emotionally if possible;

help him take a comfortable position, for example, half-sitting or with his head raised;

open a window, ventilate the room to provide fresh air - stuffiness is harmful due to lack of oxygen.

What should not be done if there are alarming symptoms:

make the patient walk around the room, go down the stairs - during a heart attack, even a few steps can be a critical load;

give pills, tea, coffee - until there is an exact diagnosis, any medications and caffeine can be harmful;



allow the patient to smoke - nicotine further increases blood pressure and constricts blood vessels.

Important: "catching" hypertension at an early stage and taking timely measures is much easier than dealing with a critical condition.

Sometimes our heart "tries" too hard and increases the blood flow in the arteries. For example, this happens during sports or when we are very worried. But in these cases we are not talking about hypertension. Arterial hypertension (or hypertension) is a condition of constantly elevated blood pressure, which often develops progressively. This is its insidiousness: most often, an increase in blood pressure occurs without symptoms. During the "hidden", asymptomatic course, hypertension can lead to the development of serious diseases and/or complications in a person:

- myocardial infarction
- stroke
- angina
- cardiac and/or renal failure
- decreased vision
- damage to peripheral arteries

Doctors often call hypertension a "lifestyle disease": excess weight, smoking, excess alcohol, unhealthy food, stress and a sedentary lifestyle provoke narrowing of blood vessels, and their walls lose elasticity. The heart has to make incredible efforts to push blood. Heredity also affects the development of hypertension. If your immediate relatives suffered from this disease, you need to control your blood pressure. Often, the cause of increased blood pressure is an imbalance of trace elements in the human body. For example, a lack of magnesium and potassium contributes to an increase in the tone of the vascular wall, excessive contraction of the heart muscle and, as a result, an increase in blood pressure.

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