

**Week 6: RUA: Pathophysiological Processes Paper – Hypertension**



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### **Hypertension Introduction**

High blood pressure, or hypertension, is a health condition in which the arterial blood pressure remains consistently high over an extended period. Blood pressure 140 mm Hg or higher at the systolic level and 90 mm Hg or higher at the diastolic level is considered to have this problem (Oparil et al., 2018). Hypertension is sometimes called the "silent killer" because it often has no signs that can be seen. This can make it take longer to diagnose and treat. Globally, it affects about 1.13 billion people, according to the World Health Organization (WHO). Because of lifestyle and social factors, it is more common in low- and middle-income countries. Some of the main reasons people die too soon around the world are cardiovascular illnesses, strokes, and kidney failure. This underlines the need for successful strategies for prevention and management to fight this widespread illness.

### **Etiology and Risk Factors**

The causes of high blood pressure are complex and include genetic, environmental, and social factors. Ninety to ninety-five percent of people with primary hypertension can't say what caused it. However, genetics and living choices may play a role. The last 5–10% of cases are secondary hypertension, which is caused by other health problems like kidney disease, endocrine disorders, or taking certain drugs (Oparil et al., 2018). There are both controllable and non-modifiable risk factors for high blood pressure. A family background of high blood pressure raises the risk, which is a big part of genetics. Also, age is a very important factor. The chance increases with age because arteries get stiffer and vascular resistance increases. There are also differences between men and women. Men are more likely to get high blood pressure before age