

MONOGRAPH ON BLOOD PRESSURE

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2. Malignant HT

3. CVS

Dangerously high BP

Essential Hypertension

- Majority of HT patients.
 - Secretion of Renin, Angiotensin II, and Aldosterone is variable.
 - STRESS (via sympathetic nervous system) and high Na^+ intake act synergistically in development of hypertension.
 - Adaptive response - thickening of arterial wall, resulting in atherosclerosis.
 - Kidneys may not be able to properly excrete Na^+ and H_2O .
- Factors influence HT
 - Genetic- familial
 - Socio-economic factors-
 - STRESS
 - Dietary
 - Obesity
 - High salt intake
 - Alcohol
 - Smoking
 - High cholesterol
 - Hormonal
 - Renin NO

Treatment of Hypertension

- Modification of lifestyle:
- Avoid STRESS
 - Cessation of smoking.

- Avoid alcohol.
- Weight reduction.
- Programmed exercise.
- Reduction in Na^+ intake.
- Diet high in K^+ .

■ **Medications:**

- Diuretics:
 - Increase urine volume.
- Beta-blockers:
 - Decrease HR.
- Calcium antagonists:
 - Block Ca^{2+} channels.
- ACE inhibitors:
 - Inhibit conversion to angiotensin II.
- Angiotensin II-receptor antagonists:
 - Block receptors.

Dangers of Hypertension

- Silent killer:
- Patients are asymptomatic until substantial vascular damage occurs.
 - Atherosclerosis.
 - Increases workload of the heart.
 - Congestive heart failure.
- Damage cerebral blood vessels.
 - Cerebral vascular accident (stroke).