Hypertension

- In patients with high blood pressure, these guidelines are considered for intervention but not necessarily drug.
- Aged less than 60 years if the diastolic pressures are consistently greater than 100mmHg.
- Aged more than 60 years, if diastolic pressures are consistently greater than 105 mmHg.

Causes

- In 95%, the cause is unknown (essential)
- In 5%, the cause is secondary, that is due to

  *Renal diseases

  *Endocrine diseases

  *Coarctation

  *Pre-eclampsia

  *Drugs

Complications

*Left ventricular hypertrophy
*Heart Failure
*Retinopathy
*Renal Failure
*Uremia
*Stroke

Management

- Non-Drug treatment
  - *Optimize weight
  - *Reduce alcohol consumption
  - *Moderate salt in take
- Drugs
- Rehabilitation