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At the population level, hypertension is a major public health problem. At the individual level, it has only a relatively low predictive value for the development of vascular problems. They can be: mechanical effects of high blood pressure on blood vessels (disturbance of blood vessels with hemorrhage); Mechanical effect on a heart pump that has been operating at high pressure for a long time; by participating in the formation or growth of atheroma, more or less gradually clogs the arteries. These are mainly heart, neurological and kidney diseases. Heart complications Extra work required in the heart due to high blood pressure leads to an increase (increase in volume) of the left ventricle very early, which can be detected by electrocardiography (ECG) or cardiac ultrasound. This hypertrophy can regress in antihypertensive treatment. Later, the heart cavities expand and the contracting function of the myocardial (heart muscle) deteriorates, causing signs of heart failure to appear. In addition, atherosclerotic disorders of the coronary arteries and increased oxygen needs of the enlarged heart explain the frequent occurrence of coronary insufficiency in hypertension. HTA facilitates the formation of plaque atherosclerosis, which when ruptured forms a blood clot (clot) that can be lodged in coronary disease. Coronary be clogged and the area of the heart usually irrigated by them will gradually necrotize: it is a heart attack. Neurological complications of retinal changes can be observed in the back of the eye, which can be used to monitor damage to vessels associated with hypertension: spasms, narrowing of arterioles, appearance of exudates or bleeding, papillary swelling, etc. damage to the central nervous system is common. This is manifested, in particular, in the possible occurrence: stroke, rupture of the cerebral vessel, or ischemic obstruction of the artery atheroma or blood clot (a consequence of rupture of the atheroma plate). According to WHO, hypertension is 2-3 times more likely to have a stroke; hypertensive encephalopathy (severe hypertension, impaired consciousness, retinopathy with papillary swelling, convulsions), in the case of very high-value HTA; arteriopathic dementia, by diffuse damage to the cerebral arteries by atheroma. Kidney complications in the kidneys, high blood pressure is responsible for non-phrangioclerosis and contributes to the onset of renal failure. Changes in kidney function are often very early and moderate, but are likely to worsen gradually. According to WHO, this risk increases by 2-10 times in hypertension. Other complications are high blood pressure insidious. You may have too high blood pressure for years without developing any symptoms until it suddenly manifests itself in one of its complications. That's why high blood pressure is sometimes called a silent killer. The risk of artery thrombosis at too high voltage thickens and hardens. It's atherosclerosis. As the arteries become narrower, the blood flow decreases so that the organs are no longer irrigated properly. Reducing the diameter of the arteries and depleting their walls increases the risk of thrombosis, i.e. their obstruction by a clot. This is why untreated high blood pressure can damage vital organs such as the heart, brain, kidneys or eyes after a certain period of time. Damage to the arteries of the legsAtherosclerosis can affect the arteries of the legs, especially in smokers. This is called peripheral arterial disease of the lower extremities, which can cause severe pain when walking (intermittent claudication). In the final stage, his treatment requires amputation. for policyholders you have not chosen your Fund Choose High Blood Pressure (HTA) is a major cardiovascular risk, i.e. significantly increases the risk of cardiovascular complications (stroke, heart attack, kidney failure, arterial diseases of the lower extremities...). It is the leading risk factor for stroke and is responsible for 51% of strokes worldwide. Nearly 11 million people are treated daily for high blood pressure, including more than 1 in 2 people over the age of 65. In addition, 3 to 4 million hypertensions are unaware of their pathology; more than 20% of the French population. However, high blood pressure is also an important risk factor for developing type 2 diabetes, which is often detected late.80% of people with diabetes are also hypertensive and 20% of hypertensive people also have diabetes. In addition, HTA is the leading cause of death in people with diabetes, outpacing cancer. What is high blood pressure? The heart contracts like a pump to propel blood into all the arteries of the body. The blood that is in circulation then exerts pressure or tension on the lining of the arteries. With age and other risk factors (smoking, overweight...) the lining of the arteries becomes stiffer and thickens, leading to an increase in blood pressure. When blood pressure is too high and persistent on the mucosa of the arteries, it is called high blood pressure. The normal value is 120/80 mm Hg. This is a unit of pressure measurement)Measuring two values used to characterize high blood pressure: systolic blood pressure (PAS) and diastolic blood pressure (PAD) When one or the other of these values is used, measured alone, repeatedly, over 3 consecutive consultations over a period of 3 to 6 months, more or equal to:140 mmHg. (millimeters of mercury) or 14 cmhg. art for systolic pressure and/or 90 mm Hg. Art or 9 cm mouth. art. at diastolic pressure. In the case of diabetes, the threshold has been lowered to 135 mmHg. Art. and 85 mmHg.In in the long run, this hypertension tires the heart and weakens the arteries. Therefore, THE HTA is a chronic disease and a risk factor, as it is exposed to serious complications and pathologies. It is a major cardiovascular risk factor, but can be prevented, but one in two people is not treated because it is often overlooked. Very frequent and insidious, it requires regular screening and early management. What symptoms should alert you? Very often high blood pressure has no symptoms, so it is called a silent killer. Teh symptoms that can alert you: visual impairment (butterflies in front of your eyes), nosebleeds, ringing in the ear, headaches (including awakening), difficulty concentrating, chest pain, rapid heartbeat, shortness of breathWhat are causes of high blood pressure? In 90% of cases, the origin of hypertension is unknown and has no direct cause. This is due to several factors on which to act or not (changeable and non-modifiable factors). We are talking about significant hypertension. Some factors associated with our lifestyle have a negative effect on blood pressure. Among them: Diet is unbalanced and especially too high salt content. Excessive salt intake increases blood pressure. Hypertensive is recommended to take less than 6 grams per day. Two drinks a day in women and three in men) increase blood pressure and can make some antihypertensive drugs ineffective. Television, video games, work can be harmful to health when it exceeds 7-8 hours a day. , and low levels of good cholesterol - Poor sleep quality (disturbed sleep that does not allow enough recovery phase) impairs blood pressure control. In addition, sleep apnea syndrome can cause and exacerbate high blood pressure. These factors can be taken to prevent and reduce hypertension by changing lifestyle habits and/or with appropriate medications. Diabetes, excess cholesterol, smoking, other cardiovascular risk factors, often associated with high blood pressure, should also be sought and treated. Check your risk of diabetes and high blood pressure Other factors are involved in the onset of high blood pressure, which cannot be acted upon. Non-changeable factors include: Age, the older you get and the more exposed you are (40% of 65-year-olds are hypertensive, 90% years) - Family history, the presence of family members with high blood pressure increases the risk of sex, as women are more prone when taking the first contraceptive pills, pregnancy and menopause, less often some diseases or drug treatment (kidney or endocrine diseases, antidepressants, corticosteroids). This is the so-called secondary hypertension. What are the health effects of high blood pressure? These consequences can be very serious, especially when they are associated with diabetes. Fortunately, the treatment of hypertension is especially effective in reducing or avoiding the risk of such terrible complications. Ischemic strokes are more common in people with diabetes.- Hemorrhagic: Hypertension can also cause hemorrhage and hematomas in the brain, or even rupture of an artery (aneurysm) with severe disabling of sequels. High blood pressure is directly responsible for 40% of strokes. Without surgical medical intervention, the patient is at risk of death or serious sequels. After a while it becomes less effective and tiring. The need for oxygen from the heart is becoming increasingly important. This provides more effort, fatigue, which causes shortness of breath. If they become clogged, the pain in the legs becomes constant and there is a risk of amputation. In the case of kidney damage, there is a risk of chronic kidney disease and kidney failure. can tear itself apart dramatically, a very serious accident that can be fatal. Sources: World Santé balance number 265, September-October, 2008, art. High blood pressure for diabetics. What treatment? French Federation Cardiologie ♦vention, screening and management of HTA in France, general practitioners' point of view, France, 2019. Public Health France, BEH No 5, February 25, 2020site Ministry of Solidarity and santé Insurance: les complications de l'hypertension arterielle. complications de l'hypertension arterielle pdf

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