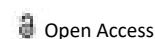




COMMENTARY



A Note on Causes of Hypertension

Jordi Marino*

Department of Neurosurgery, Medical University of Gdansk, Gdansk, Poland

Description

Hypertension is a long-term medical disorder characterized by chronically excessive blood pressure in the arteries. High blood pressure is another name for it. Symptoms of high blood pressure are uncommon. Long-term high blood pressure has been associated to stroke, coronary artery disease, heart failure, atrial fibrillation, peripheral arterial disease, vision loss, chronic renal disease, and dementia. Primary hypertension and secondary hypertension are two types of high blood pressure. In 90–95 percent of individuals, primary hypertension is defined as high blood pressure caused by nonspecific lifestyle and hereditary factors. Excess salt in the diet, being overweight, smoking, and drinking too much alcohol are all risk factors. The remaining 5%–10% of instances is caused by secondary high blood pressure, which is defined as high blood pressure induced by an identifiable cause such as chronic renal illness, constriction of the kidney arteries, an endocrine disorder, or the use of birth control pills. The systolic and diastolic pressures, which are the maximum and minimum pressures, respectively, are used to classify blood pressure. At rest, most people's blood pressure should be between 100 and 130 millimetres mercury systolic and 60–80 millimetres mercury diastolic. Most persons have high blood pressure if their resting blood pressure is consistently 130/80 or 140/90 mmHg or higher. Children have different numbers. Ambulatory blood pressure monitoring appears to be more accurate than office-based blood pressure measurement during a 24-hour period. Hypertension causes are classified into two types such as, primary and secondary hypertension.

Primary hypertension

When a western diet and lifestyle are combined, blood pressure rises with age, increasing the chance of devel-

ARTICLE HISTORY

Received: 19-Jan-2022, Manuscript No. JMOLPAT-22-52179;

Editor assigned: 21-Jan-2022, PreQC No: JMOLPAT-22-52179 (PQ);

Reviewed: 04-Feb-2022, QC No: JMOLPAT-22-52179;

Revised: 09-Feb-2022, Manuscript No: JMOLPAT-22-52179 (R).

Published: 16-Feb-2022

oping hypertensive later in life. Blood pressure is influenced by a variety of elements in the environment. In salt-sensitive people, excessive salt intake raises blood pressure; lack of activity and central obesity can also play a role in some situations. Other factors, such as coffee consumption and vitamin D insufficiency, may play a less apparent influence. Hypertension is exacerbated by insulin resistance, which is frequent in obesity and a component of syndrome X.

Low birth weight, mother smoking, and a lack of breastfeeding as a child may all be risk factors for adult essential hypertension, while the mechanisms linking these exposures to adult hypertension are unknown. Untreated people with hypertension have a higher rate of high blood uric acid than people with normal blood pressure, while it's unclear if the former is the cause or just a side effect of poor kidney function. In the winter, average blood pressure may be greater than in the summer. High blood pressure is also linked to periodontal disease.

Secondary hypertension

Secondary hypertension is caused by a known aetiology. The most prevalent secondary cause of hypertension is kidney dysfunction. Cushing's syndrome, hyperthyroidism, hypothyroidism, acromegaly, Conn's syndrome or hyperaldosteronism, renal artery stenosis, hyperparathyroidism, and pheochromocytoma are all endocrine diseases that can cause hypertension. Obesity, sleep apnea, pregnancy, coarctation of the aorta, excessive eating of liquorice, excessive drinking of alcohol, some prescription drugs, herbal remedies, and stimulants like cocaine and methamphetamine are all causes of secondary hypertension. Elevated blood pressure has been linked to arsenic exposure through drinking water. Loneliness has been recognised as a risk factor for depression, which has also been linked to hypertension.