



High Blood Pressure - The major culprit that you need to take care of

In this fast-paced yet inactive world where sitting in a cubicle for 9 hours a day is not uncommon, heart disease is a prevalent problem that hits most of the people over 40 years of age. In many cases, heart disease has not spared even young individuals below the age of 30. Whether it's due to the lack of physical activity or poor eating habits, heart disease is a life-threatening malady that should not be taken any less lightly.

High **blood pressure** is one of the heart diseases that strike the majority of the population. Known as the 'silent killer,' due to its symptomless behavior, high blood pressure is a huge factor leading to many more severe heart diseases such as stroke, hardening of the arteries, or atherosclerosis, or even heart failure.

On the other hand, a stroke is a major cause of death and long-term disability in many people. In a study, it was found that people who had the first stroke also had high blood pressure. It is why high blood pressure is considered as the gateway to a more serious life-taking heart condition.

Understanding high blood pressure and stroke

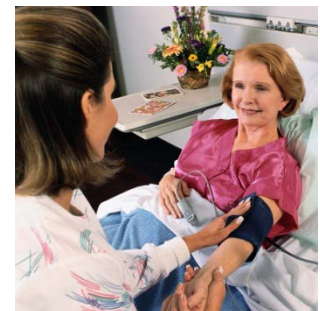
High blood pressure is a condition in which our heart has to work harder to pump blood out to the body. Though its symptoms and causes are unknown, health professionals consider smoking, poor eating habits, lack of physical activity, genetics, and many other to be the causes of this condition. When it comes to symptoms, there aren't any known symptoms but people who later discovered high blood pressure suffered from nervousness, sweating, difficulty sleeping or facial flushing in the beginning.

Stroke, on the other hand, takes place when part of the brain loses its blood supply and then loses its functionality. Due to this, the parts of the body that injured brain part controls stop working and eventually leads to death or severe disability. According to experts, high blood pressure is the primary cause for a stroke in the majority of people as it damages the arteries throughout the body and creates a condition where arteries can burst or clog thus leading to less or no blood supply to the brain.

How to control high blood pressure?

Controlling high blood pressure just after few noticeable symptoms is crucial to not exaggerating the condition. If left untreated, it can lead to other heart diseases which may include stroke as well. To control, a regular check up on the blood pressure and heart condition is essential. A PC based Blood Pressure ECG System can help you monitor the blood pressure and condition of your heart so that you will know if there is any problem with the heart functioning. In many cases, maintaining blood pressure is enough to keep other heart diseases away. Here are few ways to control high blood pressure or hypertension:

- Eat a healthy well-balanced diet
- Exercise
- Cut back on salt
- Avoid alcohol
- Monitor your blood pressure and heart with a PC based Blood Pressure ECG



In a nutshell

Keeping a regular check on your blood pressure and heart performance with a Blood Pressure ECG or mobile ECG System is as crucial as understanding the health risk that high blood pressure can bring. Moreover, preventing the onset of high blood pressure can keep stroke and other heart diseases miles away from you.

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