How to Get Rid of Hypertension

High blood pressure or hypertension is known as the silent killer because most people don't know they have it and they can die without warning. It was listed as a primary or contributing cause of deaths in the United States. One in five Americans has hypertension or high blood pressure. This is very alarming as this disease is a traitor that can rob you of your life anytime without warning. You need to know how to get rid of hypertension before anything serious could happen to you. To get rid of hypertension you should know the categories of blood pressure readings. Hypertension is a medical condition when the blood pressure is elevated or the blood travel through your arteries at a higher pressure than normal. The normal blood pressure is 120/80 mm Hg or lower, when your blood pressure is 140/90 mm Hg or higher you have a hypertension. Any blood pressure reading in between 120/80 mm Hg and 139/89 mm Hg is a pre-hypertension stage. However, in people with diabetes and with kidney disease a blood pressure of 130/80 mm Hg or higher is already considered a high blood pressure or hypertension. Can you tell if you have hypertension? Although some people experience drowsiness, headaches and blurred vision, the general population with hypertension has no symptoms and not aware that they have hypertension. This is the reason why most strokes due to hypertension have no signs before it occurred. It is important that you monitor you blood pressure regularly especially if you have hypertension in the past. To get rid of hypertension you should check your blood pressure to prevent stokes. Hypertension can damage your blood vessels causing strokes, heart attack and kidney failure. There are preventive measures that you can do to get rid of hypertension and mostly it has something to do with your lifestyle. There are modifications in your lifestyle that you need to do to lower your blood pressure or get rid of hypertension.

About the Author

Our experience includes restructurings, debt and equity transfers and remedies, including with regard to assets in bankruptcy. The attorneys.

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