



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

High Blood Pressure (Hypertension)





Definition

High blood pressure (Hypertension) is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. It is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.



Symptoms

If your blood pressure is extremely high, there may be certain symptoms to look out for, including:

- Severe headache.
- Fatigue or confusion.
- Vision problems.
- Chest pain.
- Difficulty breathing.
- Irregular heartbeat.
- Pounding in your chest, neck, or ears.



Causes:

The exact causes of high blood pressure are not known, but several factors and conditions may play significant roles in its development, including:

- Smoking.
- Being overweight or obese.
- Lack of physical activity.
- Too much salt in the diet.
- Alcohol consumption.
- Stress.
- Older age.
- Genetics.
- Family history of high blood pressure.
- Chronic kidney disease.
- Adrenal and thyroid disorders.

What is normal blood pressure?

Ideally, we should all have a blood pressure below 120 over 80 (120/80). This is the ideal blood pressure for people wishing to have good health. At this level, we have a much lower risk of heart disease or stroke.

Prevention:

- Maintaining a healthy Weight.
- Getting regular exercises.
- Reducing salt intake.
- No alcohol.
- Reduce stress.
- Also eating healthy is an important factor in preventing Hypertension.
- Potassium: Fruits, Vegetables, Dairy foods, Fish.
- Calcium: Yogurt and Cheese.
- Magnesium: Grains, Green leafy vegetables, Nuts, Seeds, Dry beans and peas.
- Fish Oil.
- Garlic.





Treatment:

Adopting healthy lifestyle habits is an effective first step in both preventing and controlling high blood pressure. Several medications are also prescribed by specialized doctors. The medication will be taken at small dose and depending on the blood pressure level it can vary. If you are facing any of the symptoms mentioned here, we urge you to see your physicians at your respective health centers as soon as possible.



Complications:

The excessive pressure on the artery walls caused by high blood pressure can damage the blood vessels, as well as organs in the body. The higher the blood pressure and the longer it goes uncontrolled, the greater the damage.

Primary Health Care Corporation plays an important role in achieving better health and well-being for the people of Qatar. PHCC is devoted to comprehensive health care for people of all ages by providing continuing and broad health care for the individual and family across all ages, genders, diseases, and parts of the body. With Primary Health Care Corporation on your side you have a partner to guide you and help you manage your health.

E: info@phcc.gov.qa

P.O.Box: 26555