

News Letter

“CATCH THAT SILENT KILLER”

Hypertension is by far one of the most common conditions in day to day practice at University Health Centre in Delhi University.

Fairly a large number of teachers who may be under stress are usually seen as hypertensive. Strangely Hypertension has now been seen in younger age group students, research scholar and ladies as well. Though the exact data is not available, but on an average in a daily outdoor of about 500 OPD. Patients of all diseases, hypertension account for roughly 50-60 per day which is a fairly large number.

UNDERSTANDING HYPERTENSION:-

Hypertension is one of the most common conditions affecting the mankind today. . Hypertension is a dangerous condition that may lead to heart attack, stroke or kidney failure. To help you control blood pressure is, what causes it to rise, what the risk factors are, and how you can prevent it.

Hypertension occurs when arterioles, small blood vessels that branch off from the arteries , become constricted making it difficult for blood to pass through them , as a result , blood pressure at rest stays at 140/90 or more you have hypertension. Earlier the normal value had seen 130/90 but now according to WHO, the best normal values are 115/75.

Unfortunately, hypertension usually present no clear symptoms, some people may experience headaches or dizziness in the morning but, for most, there are no symptoms at all. The easiest and most reliable way to find out if you have hypertension is to have your blood pressure checked regularly

RISK FACTORS:-

You may be at greater risk for high blood pressure if you:-

- *Have a history of hypertension in your family.*
- *Have a pre-existing condition such as Diabetes or Kidney disease.*
- *Are over 35 years of age.*
- *Male.*
- *Obese.*
- *Taking oral contraceptives.*
- *Frequently consume alcoholic beverages.*
- *Lead a sedentary lifestyle.*

TIPS FOR LOWERING YOUR BLOOD PRESSURE

*Most people can adopt simple lifestyle changes to prevent hypertension.
We recommended the following:*

- *Have your blood pressure checked regularly.*
- *Eat nutritious foods, including whole grains and fresh fruits and vegetables.*
- *If a doctor has prescribed medication to help lower your blood pressure, take it as directed.*
- *Maintain your ideal body weight.*
- *Exercise regularly.*
- *Stop Smoking.*
- *Manage stress through relaxation techniques, exercise and development of positive attitude.*
- *Cut down on added salt and avoid high sodium foods such as: Chips, processed meats, fast food, pickle, chutney, papad.*
- *Limit your cholesterol about 180 mg.*
- *If you dine out frequently, think carefully about your food choices.*
- *French and Mexican food tends to be high in fat , Chinese food often is high in sodium. Always look for fresh ingredients cooked lightly with little sauce.*
- *When reading food labels, beware of the following ingredients, which are other terms for sodium, sodium chloride, salt, MSG, some antacids, soy sauce, baking soda, monosodium, teriyaki sauce, baking powder, Na (chemical symbol)*
- *Can use low sodium salt such as saffola salt plus, or LONA salt.*
- *Take a good sleep in night.*

COMPLICATIONS:-

- *On brain*
- *On Eye*
- *On heart*
- *On Peripheral arteries*

REMEMBER:-

Hypertension is a silent killer. Take Care and try to maintain blood pressure around 115/85 maximum, Stay Healthy.

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SLEEP TIPS

- *Avoid Caffeine, Nicotine & Alcohol i.e: Coffee, Cigarette and Whisky/Rum drinks before going to bed.*
- *Do not exercise before going to bed.*
- *Do not take short naps during day time.*
- *Try taking hot shower before going to bed.*
- *Maintain regular sleep timings.*
- *Avoid sleeping pills like calmpose, Alprax, Laprose as far as possible. Take them only under medical advice.*

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