

## Blood hypertension in the center of adult, adults virgin del valle of the city of Santiago del Estero, Argentina

Roberto Antonio Flores

National University of Santiago del Estero, Argentina, E-mail: robertoflores-77@hotmail.com

### Abstract

**Introduction:** The intention of this work was to get information noted patients tormented by arterial hypertension, and also the impact of programmed physical activity, within the hypertensive patients of the Day Center for Older Adults. **Objectives:** General: Describe the hypertensive population and inquire about physical activity and its impact on force per unit area figures. Specific: +) Describe the hypertensive population of the Day Center for Older Adults "Virgen del Valle" of town of Santiago del Estero, Argentina. +) inquire about the physical activity programmed in said Center. **Material and Method:** this may be a quantitative, descriptive and transversal work that began in March of the year 2017, recording the vital sign of these who attend Day Center for Older Adults. The variables studied were age, sex, physical activity. **Result:** 4622 pressure controls were recorded, 1 time per day from Monday to Friday to twenty patients, 60% of them maintain force per unit area figures within the limit of normal. consistent with age: From 50 - 59: 11, from 60-69: 18, from 70 - 79: 01, with a complete of 20 hypertensive patients. consistent with sex: Men: 11, 55% of the entire population. Women: 09, 45% of the overall population. **Physical activity:** All those that attend the middle, perform daily physical activities programmed in line with age, which represents 100% of the full sample. Such activities carries with it outdoor walks, for half-hour (Tuesday and Thursday), folk dance lessons for 120 minutes (Monday, Wednesday and Friday), Tai-Chi classes for hour (Thursdays), yoga classes during hour (on Tuesdays). **Miscellaneous:** Diabetic patients are 05 in totals, 01 have Type 1 Diabetes; 04 have Type 2 Diabetes, of which 02 are Women and 03 Men.

People who suffer from osteoarthritis are 05 in total, 04 are women and 01 Man. those that suffer with COPD are in total 03, 2 are Women, and 01 Man. the amount of patients with Heart Failure: there are 02 in total, both being Men. all told cases, these patients receive the particular pharmacological treatment for every of their ailments.

**Conclusions:** Programmed physical activity contains a positive impact on hypertensive patients since it enhances the pharmacological action of the drugs utilized in antihypertensive treatment. The figures tension remains within the range of normality, 60% of patients within the upper limit. Therefore, the control and individual and community monitoring of patients is recommended, and physical activity promoted. Epidemiology may be a necessary aspect of public health practice. Public health is worried with protecting the health of entire populations. the realm aims to supply the prevention of disorders and to push the health of individuals. Public Health may be a part of sciences, skills and convictions that's focused on the preservation. Analytical Epidemiology aims to research and study risk and protector factors of diseases and identify factors in a very diseased population that varies from a non-diseased population. Where Descriptive Epidemiology helps to explain thanks to disease within a population, it helps to know the occurrence of disease. the basic regions of professional epidemiology encompass epidemiological evaluation of public health records, health affairs of state and trend analyses, public health surveillance and health software impact evaluation. The intention of the sector is to make sure more health results for communities internationally, however the main target is strongly on preventative measures, in situ of healing. vital sign is measured using two numbers. the primary number, called systolic force per unit area, measures the pressure in your arteries when your heart beats.

The second number, called diastolic force per unit area, measures the pressure in your arteries when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you'd say, "120 over 80," or write, "120/80 mmHg." pressure level could be a measurement of the force exerted against the walls of your arteries as your heart pumps blood to your body. Hypertension is that the term accustomed describe high pressure level. Untreated high force per unit area can cause many medical problems. These include cardiopathy, stroke, renal failure, eye problems, and other health issues. pressure level readings are given as two

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numbers. the highest number is named systolic pressure level. the underside number is named diastolic vital sign. for instance, 120 over 80 (written as 120/80 mm Hg). One or both of those numbers may be too high. (Note: These numbers apply to those who don't seem to be taking medicines for force per unit area and who don't seem to be ill.) Normal force per unit area is when your force per unit area is below 120/80 torr most of the time. High pressure (hypertension) is when one or both of your pressure level readings are on top of 130/80 mm Hg most of the time .If the highest pressure number is between 120 and 130 mm Hg, and therefore the bottom force per unit area number is a smaller amount than 80 mm Hg, it's called elevated vital sign .If you have got heart or kidney problems, otherwise

you had a stroke, your doctor might want your pressure to be even under that of individuals who don't have these conditions. Many factors can affect vital sign, including the condition of your kidneys, systema nervosum, or blood vessels Your hormone levels you're more likely to be told your force per unit area is simply too high as you grow up. this can be because your blood vessels become stiffer as you age. When that happens, your force per unit area goes up. High pressure increases your chance of getting a stroke, heart failure, cardiopathy, nephropathy, or early death. you have got a better risk of high pressure if you: Are often stressed or anxious Drink an excessive amount of alcohol (more than 1 drink per day for ladies and over 2 drinks per day for men)