

High blood affect on heart.

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Description

High blood pressure is a common condition that occurs when the blood pressure inside your arteries exceeds the threshold that can cause heart disease. It can be measured by the amount of blood that flows through your heart and the size of the arteries. The top number, or systolic pressure, measures the pressure in your blood vessels when you wake up after a heart attack. The bottom number, or diastolic pressure, measures the pressure in your heart's arteries after a beat. High blood pressure can be easily treated. It can also be detected by asking about its symptoms. Being aware of its condition can help prevent serious health problems. High blood pressure can be caused by a variety of factors, such as a diet high in fat, salt, and cholesterol. Diets high in these can also contribute to chronic conditions such as diabetes and kidney disease.

Lowering your blood pressure is a simple and effective way to reduce your blood pressure. It can also help slow down your heart rate and decrease your stress levels. Water helps to lower blood pressure. It can also be made with calcium and magnesium. Bananas are high in potassium, which lowers vital signs. Bananas can help lower blood pressure by 10%. It's a good idea to eat 2 bananas a day for a week to try and reach this goal. If your lifestyle doesn't improve your blood pressure, then your healthcare provider may need to start taking medication for high blood pressure. These drugs can help lower your blood pressure and other conditions. Complications of high blood pressure include diabetes, stroke, and heart disease. These conditions can affect the flow of blood through healthy arteries. High blood pressure makes the arteries more rigid and less elastic. It can also deposit fat in the blood and cause other problems. The high vital sign makes your heart work harder. It can also cause it to pump more efficiently.

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep,

which further raises your blood pressure. Weight loss is one of the foremost effective lifestyle changes for controlling vital signs. Regular physical activity like 150 minutes every week can lower your vital sign by about five to eight mmHg if you have high blood pressure. It's important to be consistent because if you stop exercising, your blood pressure can rise again. Eating a diet that is rich in whole grains, fruits, vegetables, and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 11 torrs if you've got a high vital sign. This eating plan is understood because of the Dietary Approaches to prevent Hypertension diet. Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about five to six mmHg if you have high blood pressure. Caffeine can improve blood stress up to ten mmHg in folks who do not often eat it.

Chronic pressure can also additionally contribute to excessive blood stress. More studies are wanted to decide the results of persistent pressure on blood stress. Talk to your physician approximately domestic tracking earlier than you get started. Regular visits together along with your physician also are key to controlling your blood stress. If you discover you need to assist past your own circle of relatives and pals, do not forget to become a member of an assistance group. This can also additionally positioned you in contact with folks who can come up with an emotional or morale boost and who can provide sensible tips to cope up with your condition.

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