

# HIGH BLOOD PRESSURE

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The CDC defines high blood pressure as “the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body.” High blood pressure is also known as HTN, HT, HBP, and hypertension. High Blood Pressure can be caused by many different reasons. Some of those reasons are high intakes of sodium, lack of physical activity, constant weight gain, family history, older age, and chronic stress. In many cases, people are diagnosed with high blood pressure by doctors and receive medicine to keep it under control. Although there are many different brands of medicine to help fix and lower high blood pressure many people actually want to help themselves by taking health precautions because being on medicine can be stressful and of course it can come with many side effects. The Mayo Clinic stated, “Your body produces a surge of hormones when you're in a stressful situation. These hormones temporarily increase your blood pressure by causing your heart to beat faster and your blood vessels to narrow.” Hypertension can lead to many life-threatening problems. One problem that people with high blood pressure could run into if it doesn't improve, is heart failure. Heart failure can be influenced by high blood pressure because the extra pressure can cause swelling in the heart, which leads to the heart not being able to share blood with the rest of the body. Most people die within the next 2 years after being diagnosed with heart failure.