

Warning signs of hypertension

There are some warning signs that are indicative of high blood pressure. The first signs, however, are often nonspecific and develop insidiously. This means that they are difficult to make sense of for those affected. Difficulties falling asleep and sleeping through the night, a restless sleep, slight irritability and inner restlessness may be possible consequences of increased blood pressure. Problems with the ears (tinnitus, noise in the ear) are also possible warning signals.

If increased headache or dizziness occurs under psychological or physical stress, this can also be an indication of hypertension. In women around 50, high blood pressure symptoms may appear to be similar to the symptoms of menopause (hot flushes, dizziness, mood fluctuations). In middle age men, untreated hypertension can emerge as problems associated with virility (erectile dysfunction).

A shortness of breath, chest pain and/or tightness in the chest during exertion can be possible symptoms of heart disease which have possibly developed due to sustained hypertension.

What causes hypertension?

Though the exact causes of hypertension are usually unknown, several factors have been highly associated with the condition. These include:

- Smoking
- Obesity or being overweight
- Diabetes
- Sedentary lifestyle
- Lack of physical activity
- High levels of salt intake (sodium sensitivity).
- Insufficient calcium, potassium, and magnesium consumption
- Vitamin D deficiency
- High levels of alcohol consumption
- Stress
- Ageing
- Medications
- Genetics and a family history of hypertension.
- Chronic kidney disease
- Adrenal and thyroid problems or tumours

What are symptoms of hypertension?

There is no guarantee that a person with hypertension will present any symptoms of the condition. About 33% of people actually do not know that they have high blood pressure, and this ignorance can last for years. For this reason, it is advisable to undergo periodic blood pressure screenings even when no symptoms are present.

Extremely high blood pressure may lead to some symptoms, however, and these include:

- Severe headaches
- Fatigue or confusion
- Dizziness
- Nausea
- Problems with vision
- Chest pains
- Breathing problems
- Irregular heartbeat
- Blood in the urine

**Take PREVENTATIVE ACTION now to avoid long-term health problems
book a full body analysis for a full diagnosis.**