



GastroDoxs
— defenders of the digestive system —

Hypertension

A Practical Guide For Patients

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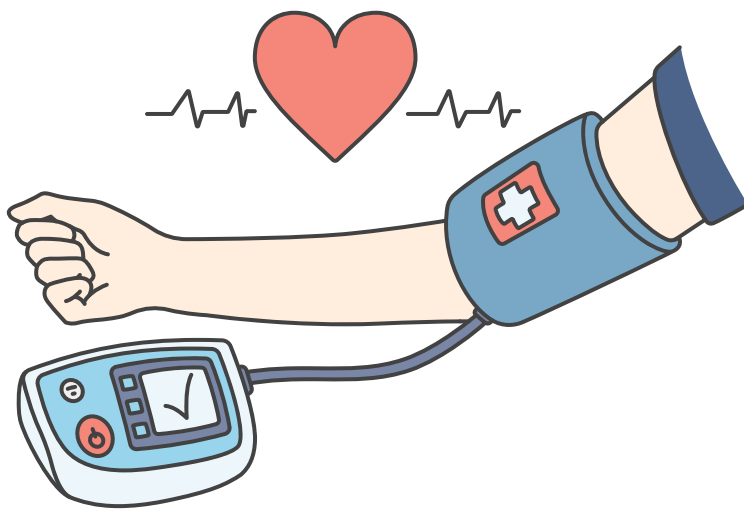
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Introduction: Hypertension

Hypertension, or high blood pressure, is a chronic condition where the force of blood against artery walls is consistently too high. Over time, it can strain the heart, damage blood vessels, and increase the risk of heart disease, stroke, kidney disease, and other complications. Because it often has no obvious symptoms, hypertension is known as the “silent killer.” Regular monitoring, lifestyle changes, and medications are essential for long-term control.



Key Takeaways

- A chronic condition with persistently high blood pressure.
- Often symptomless (“silent killer”).
- Major risk factor for heart disease and stroke.
- Managed with lifestyle changes and medications.
- Regular monitoring is essential for prevention and control.

What Causes Hypertension?

Known Causes

Hypertension develops due to a mix of genetic, lifestyle, and environmental factors. Causes include obesity, high salt intake, stress, smoking, excessive alcohol use, sedentary lifestyle, and family history. Secondary hypertension may result from kidney disease, hormonal disorders, or certain medications.



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Common **Signs & Symptoms**

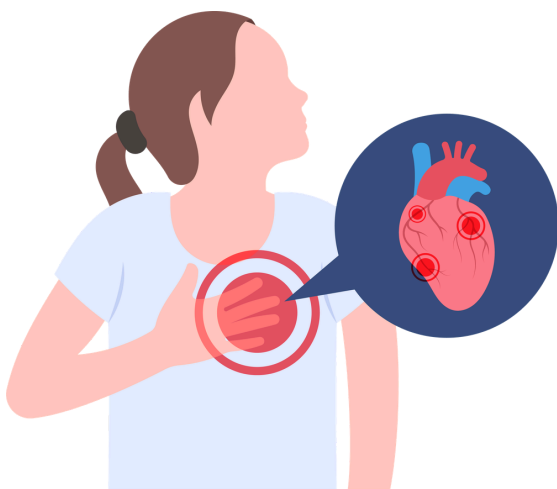
Most people have no symptoms. In severe cases, hypertension may cause headaches, dizziness, blurred vision, chest pain, or shortness of breath.

Core Symptoms Include:

- Often no symptoms (silent)
- Headaches (especially in severe cases)
- Dizziness
- Blurred vision
- Shortness of breath



Severe cases can also cause:



- Chest pain (angina)
- Stroke or heart attack
- Kidney damage
- Vision loss (hypertensive retinopathy)
- Heart failure



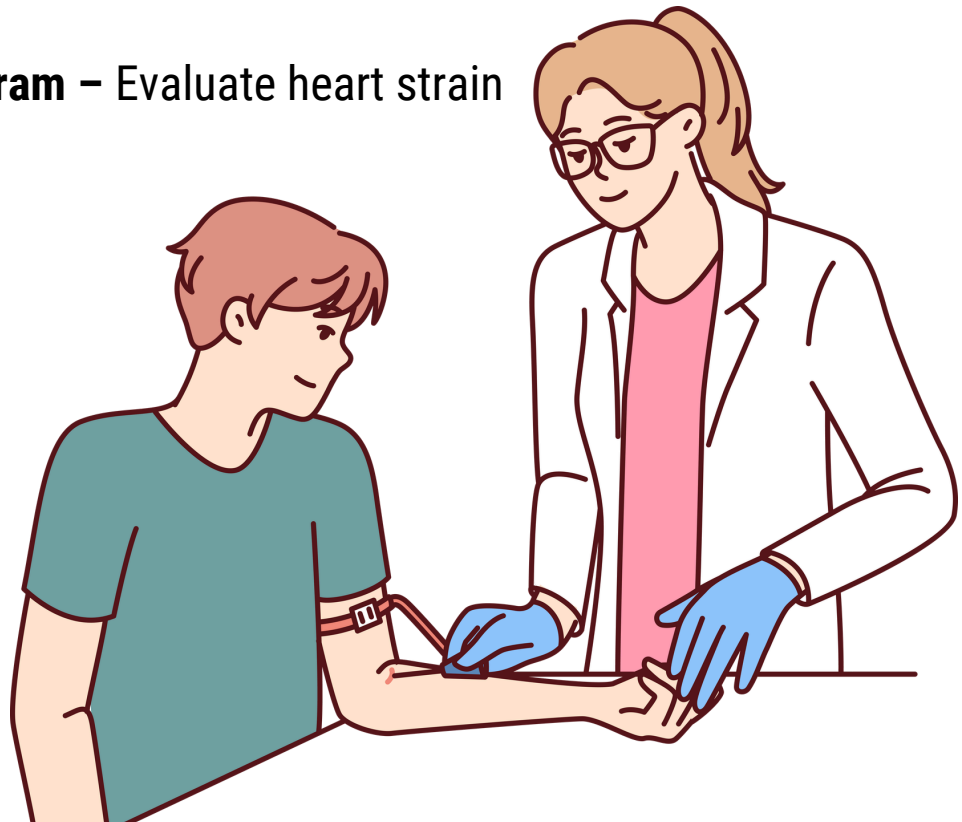
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Diagnosis & Medical Testing

Diagnosis requires repeated blood pressure measurements, along with tests to check for organ damage and rule out secondary causes such as kidney or endocrine disorders.

Diagnostic Tools

- **Blood pressure monitoring** – Multiple readings over time
- **Ambulatory BP monitoring** – 24-hour monitoring device
- **Blood tests** – Check kidney function, cholesterol, blood sugar
- **Urine tests** – Detect kidney disease
- **ECG/Echocardiogram** – Evaluate heart strain



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Diet

The DASH diet (Dietary Approaches to Stop Hypertension) is recommended, focusing on fruits, vegetables, whole grains, lean proteins, and low sodium intake.

Key Insights

- **Eat fruits and vegetables daily**
- **Choose whole grains over refined grains**
- **Limit sodium (salt) intake**
- **Avoid processed and fried foods**
- **Include lean proteins and low-fat dairy**
- **Stay hydrated and limit alcohol**



Medications & Treatment Options

Medications are used when lifestyle changes aren't enough. Drug options lower blood pressure, protect organs, and reduce long-term health risks.

Treatment Options

- **Diuretics** – Reduce excess fluid
- **ACE inhibitors** – Relax blood vessels
- **Beta-blockers** – Slow heart rate
- **Calcium channel blockers** – Ease vessel tension
- **Angiotensin II blockers (ARBs)** – Lower pressure



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Advanced Therapies & Procedures

For resistant hypertension, advanced care may include device-based therapies, secondary cause treatment, or surgery for related kidney or hormonal disorders.

Therapy Options

- **Renal denervation (experimental therapy)**
- **Surgery for adrenal tumors (if hormonal cause)**
- **Dialysis (if kidney failure-related)**
- **Baroreceptor activation therapy (in trials)**
- **Specialist hypertension clinics**



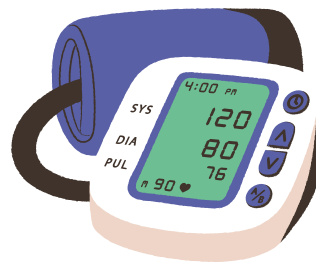
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Coping With Hypertension

Coping involves regular monitoring, stress management, exercise, healthy eating, and adherence to prescribed medications to maintain blood pressure within safe limits.

Practical Strategies

- **Monitor BP regularly**
- **Exercise at least 30 minutes daily**
- **Follow a low-salt diet**
- **Maintain healthy weight**
- **Manage stress with relaxation techniques**
- **Take medications consistently**



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FAQS About Hypertension



Q1: Can hypertension be cured?

A: No, but it can be effectively managed with lifestyle changes and medication.

Q2: Does salt really affect blood pressure?

A: Yes, high sodium intake raises blood pressure and should be reduced.

Q3: How often should I check my BP?

A: At least once a year if normal, more often if elevated or on treatment.

Q4: Can exercise lower blood pressure?

A: Yes, regular activity is one of the most effective natural ways to control hypertension.



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Take **Action**

If you experience **Hypertension**, don't ignore them. Early diagnosis and treatment can prevent complications. Schedule a consultation with GastroDoxs for expert guidance on managing your digestive health.

Visit GastroDoxs.com to schedule an appointment and access more resources on digestive health.

**Your health matters
take the next step
today!**

SCHEDULE AN APPOINTMENT

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