



SNS COLLEGE OF TECHNOLOGY

Coimbatore-35

An Autonomous Institution

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DEPARTMENT OF MECHATRONICS ENGINEERING

HYPERTENSION

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HYPERTENSION



* Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher).

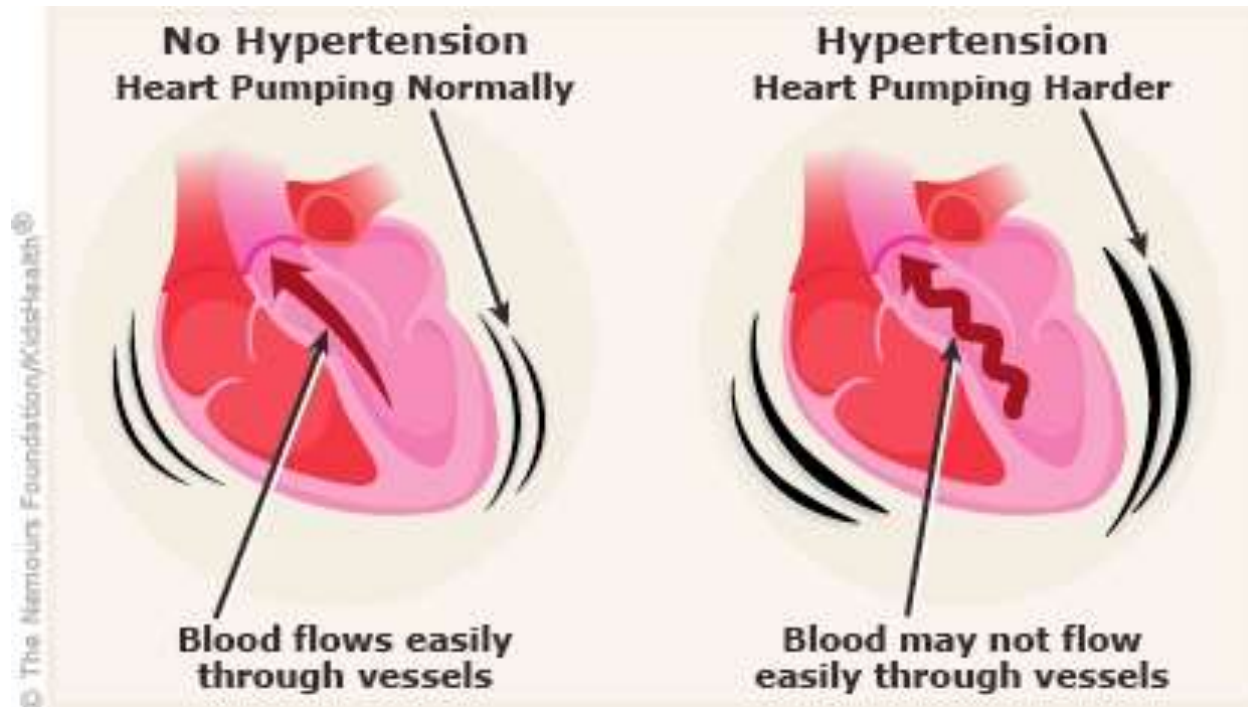
* People with high blood pressure may not feel symptoms.

Causes of hypertension :

High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity.



HYPERTENSION



High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys and eyes.



HYPERTENSION



Heart Attack and Heart Disease

High blood pressure can damage your arteries by making them less elastic, which decreases the flow of blood and oxygen to your heart and leads to heart disease.

In addition, decreased blood flow to the heart can cause:

- Chest pain also called angina.
- Heart attack, which happens when the blood supply to your heart is blocked and heart muscle begins to die without enough oxygen.

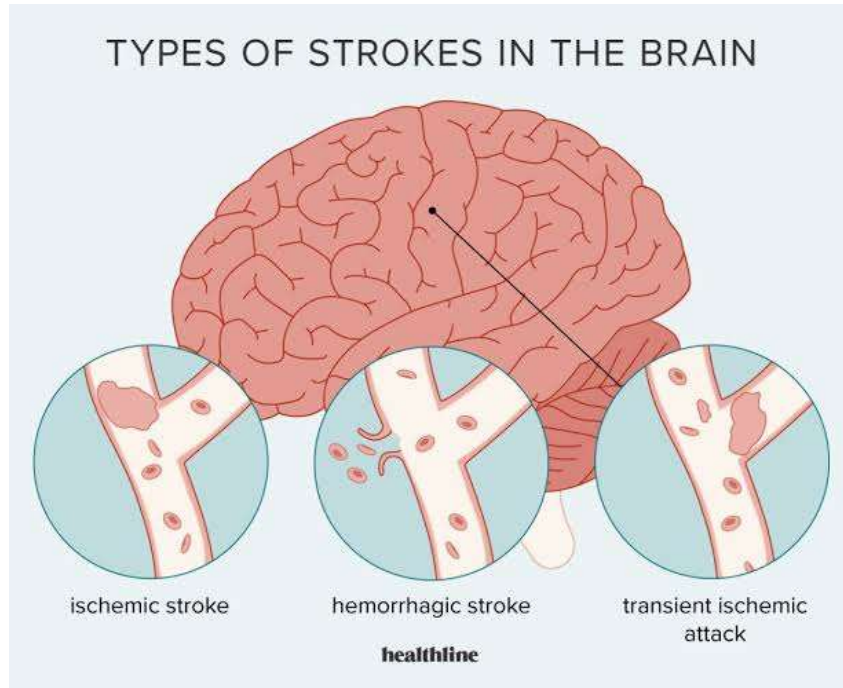


HYPERTENSION

Stroke and Brain Problems

High blood pressure can cause the arteries that supply blood and oxygen to the brain to burst or be blocked, causing a stroke.

Brain cells die during a stroke because they do not get enough oxygen. Stroke can cause serious disabilities in speech, movement and other basic activities. A stroke can also kill you.





HYPERTENSION



Kidney Disease

Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease than those without these conditions.

Learn about conditions related to high blood pressure

- Cholesterol
- Heart Disease
- High Blood Pressure During Pregnancy





HYPERTENSION



Symptoms of High Blood Pressure

- Blurry or double vision.
- Light headedness/Fainting.
- Fatigue.
- Headache.

SYMPTOMS OF HIGH BLOOD PRESSURE (HYPERTENSION)



Fatigue



Severe Headache



Vision Problem



Difficulty Breathing



Chest Pain



Pounding in your
Chest, Neck or Ears



Blood in the Urine



Irregular heartbeat



HYPERTENSION



How to reduce Blood Pressure

1. Lose extra pounds and watch your waistline. Blood pressure often increases as weight increases.
2. Exercise regularly.
3. Eat a healthy diet.
4. Reduce salt (sodium) in your diet.





**THANK
YOU!**