Risk Factors
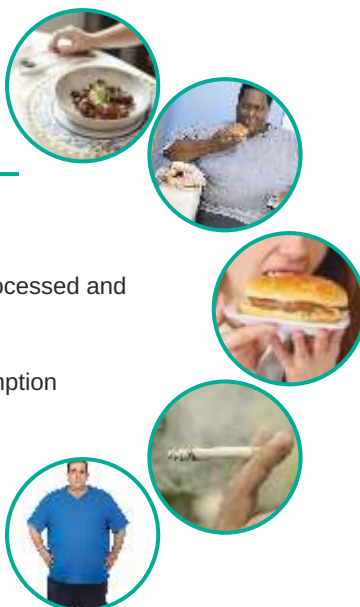
Modifiable Factors

- Lifestyle
- Physical inactivity
- Salt-rich diets with processed and fatty foods
- Cigarette Smoking or heavy alcohol consumption
- Diet
- Obesity
- Drug Induced
- Sleep Disorder

Non Modifiable Factors

- Family history (due to genetic predisposition)
- Age
- Gender

Ways to control your high blood pressure

- Lifestyle changes
- Maintain Ideal Weight
- Do not use tobacco or tobacco products
- Eat healthy diet – salt restricted
- Exercise well and regularly
- Avoid alcohol
- **Monitor your BP regularly**

About the Clinic

To enhance the quality of care for all patients with hypertension, Lilavati Hospital has taken an important step to standardize hypertension management. Our **Hypertension Clinic** has standardized blood pressure treatment and measurement protocols as well as a hypertension formulary for blood pressure medications and supplies and has updated related performance indicators. By standardizing blood pressure measurement, **Hypertension Clinic** will prevent misdiagnosis, under-and over-treatment of hypertension and improve the accuracy of blood pressure measurements across the system. In addition, **Hypertension Clinic** will improve individual hypertension disease management and decrease morbidity and mortality due to hypertension, due to scientifically customized management.

We Standardise
Hypertension Care with Global Guidelines

HYPERTENSION CLINIC

Remember, treating high BP early saves life

OPD Days : Monday / Tuesday / Thursday / Friday
Timings: 12:00 – 2:00 pm

For appointment contact:
022 6931 8050 / 51

Lilavati Hospital and Research Centre

More than Healthcare, Human Care

NABH Accredited Healthcare Provider

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Hypertension

Worldwide, hypertension is the most important risk factor and the leading cause of death due to cardiovascular disease. It is directly responsible for half of all deaths due to coronary heart disease (heart attack) and two thirds of cerebrovascular accidents (paralytic stroke).

Indian Council of Medical Research (ICMR) study 2016 revealed overall incidence of undetected hypertension as 17.1% in Indians from age of 18 – 65 years (in women 18.3% & in men 15.8%). Approximately 34 lakh adults may have undetected hypertension in Mumbai city alone, the risk of death from cardiovascular disease doubles with each 20mmHg systolic and 10mmHg diastolic increase.

What is Hypertension ?

Hypertension is high blood pressure.

"Blood Pressure" is the force of blood pushing against the walls of the arteries as the heart pumps out blood. Blood pressure is not a fixed & constant value. It is different from one person to another. Even in the same person, blood pressure changes from day to day, hour to hour, moment to moment, minute to minute. Your blood pressure goes up when you are stressed or excited. It goes down when you are relaxed or asleep. These changes are normal.

What is Normal Blood Pressure?

Average: 120/80mm Hg

(In this, 120 is the systolic pressure and 80 is the diastolic pressure. Systolic pressure is the pressure when the heart beats while pumping blood. Diastolic pressure is the pressure when the heart is at rest between beats).

Blood Pressure Category	Systolic mm Hg (upper)		Diastolic mm Hg (lower)
Normal	≤ 120	and	≤ 80
Pre-hypertension (Borderline)	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or 180	or	100 or 110
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

SYMPTOMS

Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels. Very high blood pressure can cause headaches, vision problems, nausea, vomiting, palpitation, breathlessness and dizziness.

Complications of Hypertension

Brain Stroke

Reduced blood supply to the brain can lead to rapid loss of brain function or stroke.

Vision Loss

Hypertensive Retinopathy High blood pressure can damage blood vessels in the retina resulting in loss of vision.

Heart Attack

Hypertension causes the heart to pump against high blood pressure, making it work harder than necessary. Over the time, this causes the heart muscle to thicken thus restricting blood flow which can lead to heart failure.

Blood Vessel Damage

Atherosclerosis
Hypertension is a leading cause of atherosclerosis, the artery-narrowing process that can result in heart attack and stroke.

Kidney Failure

Damaged blood vessels in the kidneys can't effectively filter your blood resulting in a dangerous accumulation of fluid and waste.

Bone Loss

High blood pressure may increase the amount of calcium in your urine. That excessive elimination of calcium may lead to loss of bone density (osteoporosis).