

DEPARTMENT OF PSYCHOLOGY

PATNA UNIVERSITY, PATNA

HEALTHPSYCHOLOGY, SEM.3

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HEALTH PSYCHOLOGY

HYPERTENSION

Hypertension is also known as high blood pressure which is a predictor of both heart attack and stroke, which leads to eye damage, kidney failure.

It is a **long-term medical condition** in which the **blood pressure** in the **arteries** is persistently elevated.^[10] High blood pressure typically does not cause symptoms.

High blood pressure is classified as **primary (essential) hypertension** or **secondary hypertension**.^[5] About 90–95% of cases are primary, defined as high blood pressure due to nonspecific lifestyle and genetic factors.^{[5][6]} Lifestyle factors that increase the risk include excess **salt** in the diet, **excess body weight**, **smoking**, and **alcohol** use.^{[1][5]} The remaining 5–10% of cases are categorized as secondary high blood pressure, defined as high blood pressure due to an identifiable cause, such as chronic kidney disease, narrowing of

the kidney arteries, an endocrine disorder, or the use of birth control pills.

1. Primary hypertension(essential hypertension)

Approx. 90% of people suffer from primary hypertension or essential hypertension.

Major reason of this hypertension is stress other reason may include intake of NaCl (salt), obesity, diabetes or lack of exercise.

2. Secondary hypertension

Approx. 10% of people suffer from secondary hypertension. Major reason of secondary hypertension is intake of steroid tablets i.e., glucocorticoid, mineralocorticoid, testosterone, other reason may include kidney failure or during pregnancy.

STROKE

The interruption in blood flow to the brain is called stroke.

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes.

It can damage blood vessels, causing them to rupture or clog.