

3 Hypertension Symptoms You Need To Know

Hypertension, also known as high blood pressure, can be an extremely dangerous condition. It is often called the “silent killer” due to the fact that people who are suffering from hypertension or high blood pressure are often unaware of it until they are struck with a sudden heart attack or stroke. In many cases high blood pressure is not identified until a checkup at the doctor's, often for some unrelated problem. So it's important not to take any unnecessary risks and to pay attention to the following hypertension symptoms that you could suffer from.

It's true that it's easy to ignore high blood pressure early due to its lack of obvious symptoms but there's no real excuse for it. Inexpensive digital blood pressure monitors are now widely available and many pharmacies offer blood pressure machines for their customers.

But if you do happen to be out of touch with your blood pressure there are a number of disturbing symptoms of advanced and dangerous levels of hypertension that you must pay attention to before your high blood pressure can get totally out of hand and put you in a critical health situation.

Three telltale symptoms of advanced high blood pressure can be:

- Blurred vision, other sight problems or sensitivity of the eyeballs to touch or light pressure
- Breathing difficulties upon any exertion
- Prolonged and/or acute mental or physical stress

There are plenty of other signs and symptoms that could indicate you are suffering hypertension. These include:

- Unexpected nosebleeds for no obvious reason
- Experiencing exhaustion despite having sufficient rest
- Experiencing confusion
- Buzzing in the ears
- Feeling of pain or tightening in the chest area
- The presence of blood in urine
- Chronic or severe headaches
- Palpitations or irregular heartbeat

These are just some of the possible symptoms and signs of a dangerous level of hypertension. It's important to note that these symptoms can have numerous possible causes but must never be ignored, especially when a blood pressure check is so easy to do.

If you or a loved one experience any of these symptoms you should head immediately to the doctor for a checkup or even to the emergency room if the symptoms are severe. High blood pressure is very treatable, either pharmaceutically or through natural methods and lifestyle changes.

Your diet plays a significant role in maintaining healthy blood pressure. Rather than focusing on specific foods you simply cannot go wrong with a varied diet of whole, natural foods high in fruits, vegetables, and grains and low in fat and sugar.

Salt intake can also play an important role in determining your blood pressure. The problem starts when your balance of sodium, magnesium and potassium goes out whack due to a diet of processed foods that are high in salt and low in the other minerals. Under these circumstances, consumption of a large amount of salt makes your blood pressure shoot sky high and even has the potential to kill you in extreme cases. The easiest approach to maintaining healthy sodium levels is to avoid salty foods and to never add extra salt to your food. There is plenty of sodium that exists naturally in many foods. Again, you won't go wrong with a natural diet free of most processed foods.

To help prevent or reverse high blood pressure you need to learn to maintain a balanced diet. Cholesterol and saturated fats will clog the arteries and your heart will have to put in an immense amount of work to pump blood through your system, thereby creating high blood pressure. At the same time, if you are overweight, losing a little bit of weight will help to ease your current blood pressure level. Start an exercise regimen - even simply walking 30 minutes a day will help - and adhere to it. In addition to strengthening your heart, exercising will help to burn away cholesterol and saturated fats, easing the potential for blockages of the arteries.

Another important way to benefit your blood pressure is to learn some of the simple ways to relieve stress. Chronic stress is recognized as one of the major factors leading to hypertension and is often connected with heart disease. You don't necessarily need complex solutions like yoga or meditation. Simple pleasures like listening to music or relaxing in a hot tub are equally beneficial and increase both your mental and physical well-being.

Hypertension is implicated in many other deadly diseases and health conditions. So if you can learn to maintain healthy blood pressure you can avoid many future health problems and suffering.

About the Author

Jan Oliver is an academic, writer and researcher in natural health. See more of her work at <http://www.control-your-blood-pressure.com/>. Discover genuine natural ways to [lower blood pressure](#) immediately. [Click Here](#) to get your free report on dealing with blood pressure.

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