

# **Clinical Profile of Hypertensive Patients in Tertiary Care Hospital in Ahilyanagar**

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**Abstract:** *Hypertension, commonly known as high blood pressure, is a prevalent cardiovascular condition characterized by elevated force of blood against arterial walls. It is classified into two main types: primary (essential) hypertension, which develops gradually over time without a clear cause, and secondary hypertension, which results from underlying conditions such as kidney disease, hormonal disorders, or certain medications. The condition is often termed the "silent killer" because it typically presents no symptoms until significant damage has occurred.*

*The primary risk factors for hypertension include genetic predisposition, age, obesity, sedentary lifestyle, high salt intake, excessive alcohol consumption, and chronic stress. If left unmanaged, hypertension can lead to severe complications such as heart disease, stroke, kidney failure, and cognitive decline. Recent studies have highlighted a significant link between intensive blood pressure control and a reduced risk of dementia, emphasizing the broader implications of hypertension on overall health.*

*Diagnosis is typically made through regular blood pressure measurements, with readings consistently at or above 130/80 mm Hg indicating hypertension. Management strategies encompass lifestyle modifications—including adherence to the DASH (Dietary Approaches to Stop Hypertension) diet, regular physical activity, weight management, and stress reduction—as well as pharmacological interventions tailored to individual patient needs. Early detection and proactive management are crucial in mitigating the long-term health risks associated with hypertension.*

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