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Hypertension-The Restrained Terminator: A Mini Review

Mr. Shoyeab M. Khan and Ms. Padge Sakshi Sunil
Anjuman Islam Janjira, Degree College of Science, Murud-Janjira, Raigad, Maharashtra, India

Abstract: *Hypertension, the "silent killer" is a modern day's epidemic and is an increasingly important medical and global public health issue its role in causation of coronary heart disease, stroke, and other vascular complications. Hypertension is one of the major risk factors for cardiovascular disease and this leads cause of death worldwide. High blood pressure is another home of hypertension High blood pressure, often has no symptoms most of the studies on hypertension provided the data on older of high blood pressure so. the study on prevalence pressure among younger age group and their socio- demographic variables provides the guide for requirements of any intervention. The present study indicates the Current prevalence of hypertension and its correlates in the state of Maharashtra. I've searched PubMed, Embase, Cochrane library, Google Scholar and includes cross sectional studies reporting data on hypertension prevalence among young adults. For more state I've visited national library of medicine and analyzed National family Health surrey Date (NHFS). The data collected is present using Microsoft Excel. Overall prevalence of hypertension was 35-40% and that of pre-hypertension was 40 45%. among the study population human ecology factors like age, mode of travel, physical activity, hypertension, male gender, family history of hypertension, mode of travel, physical activity, overweight, years of service, intake of coffee and smoking had shown significant association with hypertension.*

Keywords: Hypertension, Prevalence, Young adults, NFHS

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