



# The Relationship between Hypertension and Cardio Vascular Diseases

## THE RELATIONSHIP BETWEEN HYPERTENSION AND CARDIO VASCULAR DISEASES



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High blood pressure causes **12.8%** of deaths every year

### HYPERTENSION AND HEART FAILURE

**What is High BP?**  
If your systolic blood pressure is very high (Above 140mm/Hg) and your diastolic pressure is around 90mm/Hg, then you have high blood pressure.

Hypertensive heart disease is the biggest cause of death related to high blood pressure.

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Control high BP, maintain a healthy diet and exercise regularly and avoid smoking.

### WHY DOES HIGH BP CAUSE HEART FAILURE?

**A** Hypertension can cause heart failure (weakening of the heart muscle) as the pumping power of the heart decreases due to the excess pressure.

**B** The heart muscles stretch to accommodate more blood due to the reduced pumping power. This causes the heart muscles to weaken over time.


**C** The hypertrophy (enlargement) of the ventricles takes place and it gets thickened, this will make it difficult for the heart to pump blood.


### WHAT ARE THE SYMPTOMS TO LOOK FOR?


Chest Tightness, Shortness of breath while exercising, Irregular pulse, Swelling in the feet, Fatigue, Increased urination in the night, Nausea, Indigestion, Heart Burn, Pain which spreads to arm, Sweating, Jaw Pain, Swollen feet, Persistent Cough


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### HYPERTENSION CAUSES OTHER HEART AILMENTS

Stroke 

Aneurysms 

Artherosclerosis 

Ischemic Heart Disease 

You can be assured of a Healthy Heart. 

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2. The heart muscles stretch to accommodate more blood due to the reduced pumping power. This causes the heart muscles to weaken over time.
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- Arthrosclerosis
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- Ischemic heart disease

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