

What is hypertension?

Hypertension is an elevated pressure in the blood that circulates through the arteries of your body. Hence we often call it “high blood pressure” or “arterial hypertension”.

The word “hypertension” comes from two words “hyper” which means “increased” and “tension” which has a common meaning that you would relate to, i.e. “stress”, but in fact in this instance refers to stress produced by too much “pressure” on the artery wall.

Globally, around 22% of adults aged 18 and over had raised blood pressure in 2014.

Signs, symptoms and diagnosis

Most people do not present any warning signs of hypertension, which is why it is often called the Silent Killer. The diagnosis is made by the measurement of your blood pressure by your medical practitioner.

What causes hypertension?

- Stress
- Too much salt intake
- Too little exercise
- Being overweight

Why is hypertension dangerous?

An increased pressure in the blood circulating through the body will damage the arteries and heart. If the diameter of the artery is not wide enough, high pressures will occur and damage the wall of the artery and the heart. The damaged arteries and heart may cause a stroke, heart attack, heart failure and kidney failure as well as other less common diseases of vessels.

YOUR BENEFITS

Hypertension is a PMB condition which means that your treatment is paid from the pool account. This is however subject to treatment protocols. If you are newly diagnosed or your treatment is paid from your savings account, enquire from our claims department.

WCMS

HYPERTENSION

Love your heart!