



Two Types of High Blood Pressure



Primary Hypertension

Primary hypertension can happen through genes that have been passed down, physical changes in your health, or your environment such as unhealthy lifestyle choices including lack of physical activity or poor diet.



Secondary Hypertension

Secondary hypertension can occur more quickly and can be more severe than primary hypertension. Secondary hypertension can be caused by certain conditions such as:

- kidney disease
- obstructive sleep apnea
- congenital heart defects
- problems with your thyroid
- side effects of medications
- use of illegal drugs
- alcohol abuse or chronic use
- adrenal gland problems
- certain endocrine tumors

Symptoms of High Blood Pressure

Hypertension can be a silent condition, and many don't experience any symptoms.

Some examples of severe hypertension can include:

- Headaches
- Shortness of breath
- Nosebleeds
- Flushing
- Dizziness
- Chest pain
- Visual changes
- Blood in the urine

These symptoms require immediate attention. They do not occur with everyone experiencing hypertension but waiting for these symptoms to appear can be fatal. It is important to get regular checkups to detect as early as possible.

Diagnosing

Early detection is important.

Regular blood pressure readings can help you and your doctor notice any changes. If your blood pressure is elevated, your doctor may have you check your blood pressure over a few weeks to see if the number stays elevated or falls back to normal levels.

Typically, they will conduct a blood pressure reading at every doctor office visit. However, if you usually only have a **yearly physical** done, you may want to talk to your doctor about your risks for hypertension. This is especially important if you have a family history of **heart disease** or risk factors for developing the condition. Your doctor may recommend a more frequent **checkup** to stay ahead of any possible issues.

Treatment Options

It is important to discuss with a doctor and find the best solution for your needs. Your doctor can assess your situation and review your medical records to determine how to improve your health. Depending on which type of **hypertension** you have and what causes have been identified, there are different **treatment** options such as medication you can take or lifestyle changes such as a healthier diet or increasing physical activity.

Make it a priority to meet with a provider and check on your **blood pressure level**. This is a condition that may not produce many symptoms right away, so it is important to routinely check these levels if there are any concerns.



Schedule an in-office OR virtual visit with your local clinic!

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