

HYPERTENSION THERAPY

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Hypertension is an abnormally high blood or a state of great psychological stress.

It is a common disorder if not effectively treated will result in stroke, retinopathy and renal failure.

Blood pressure is intimately related to the kidneys.

It is a condition in which high blood pressure is caused by the kidneys hormonal response to narrowing of arteries supplying kidneys with blood.

Hypertension is a chronic condition and is often associated with few or no symptoms.

But when symptoms do occur it's usually when the blood spikes suddenly and extremely enough to be considered a medical emergency.

There are known to be rare symptoms include dizzy spells, headaches, nose bleeds, nervousness, sweating and difficulty sleeping.

It is largely symptomless therefore branded the "silent killer" because when someone ignores his/her blood pressure thinking that a certain symptom or sign will alert him/her then that person is taking a dangerous chance with the life.

The exact causes of high blood pressure are not known but several factors and conditions may play a role in its development including smoking, obesity, lack of physical activity, excess salt in the diet, excess alcohol consumption, stress, old age and family history of high blood pressure.

Uncontrolled Hypertension can cause stroke due to blood clots that form in the arteries leading to the blocking of blood flow to the brain

ACE inhibitors also known as Angiotensin-Converting-Enzyme inhibitors is a pharmaceutical drug used primarily for the treatment of hypertension.

ACE inhibitors increase plasma levels of digoxin and lithium (dosage adjustment is necessary).

There are other drugs which are known to be very effective against hypertension.