Editorial

PREHYPERTENSION

Slightly elevated blood pressure is known as prehypertension. Prehypertension will likely turn into high blood pressure (hypertension) . Both prehypertension and high blood pressure increase risk of heart attack, stroke and heart failure. Prehypertension is a systolic pressure from 120 to 139 mm Hg or a diastolic pressure from 80 to 89 mm Hg.Prehypertension doesn't cause symptoms. The only way to detect prehypertension is to keep track of blood pressure readings.

Risk factors for prehypertension include: overweight or obese, age, younger adults are more likely to have prehypertension than are older adults, sex, prehypertension is more common in men than in women,family history of high blood pressure,sedentary lifestyle,diet high in sodium or low in potassium,tobacco use,excessive alcohol use.Certain chronic conditions including high cholesterol, diabetes and sleep apnea — may increase the risk of prehypertension.

Weight loss, exercise and other healthy lifestyle changes can often control prehypertension . Eating healthy foods, regular exercise, maintaining a healthy weight, less alcohol intake can prevent prehypertension.

Let us start adopting healthier habits today.