

PREVENTIVE MEASURES FOR HYPERTENSION: RISK FACTORS, EARLY DIAGNOSIS, AND TREATMENT APPROACHES

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Introduction

Hypertension is a widespread chronic disease globally and a leading cause of cardiovascular complications. Early detection and effective management of hypertension are critical to reducing its severe outcomes.

Methods

A cross-sectional study was conducted involving 71 patients aged 40–55 years to evaluate hypertension risk factors, clinical signs, and early diagnostic methods. Blood pressure, blood tests (cholesterol, glucose, triglycerides), and ECG results were analyzed.

Results

The study revealed that 59% of patients were male, and 41% were female, with a higher prevalence among males. Average blood pressure was significantly elevated in men (145/90 mmHg) compared to women (135/85 mmHg). ECG findings indicated left atrial hypertrophy in 12% of patients and right atrial hypertrophy in 19%, associated with pulmonary diseases.

Discussion

Hypertension prevention requires lifestyle modifications, including rational nutrition, increased physical activity, and coordinated pharmacological treatment. Early ECG-based diagnostics can help identify cardiac hypertrophy and manage the disease effectively.

Conclusion

Efforts to promote healthy lifestyles and ensure timely diagnosis and treatment are essential to reducing hypertension prevalence and improving patient outcomes.

References

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