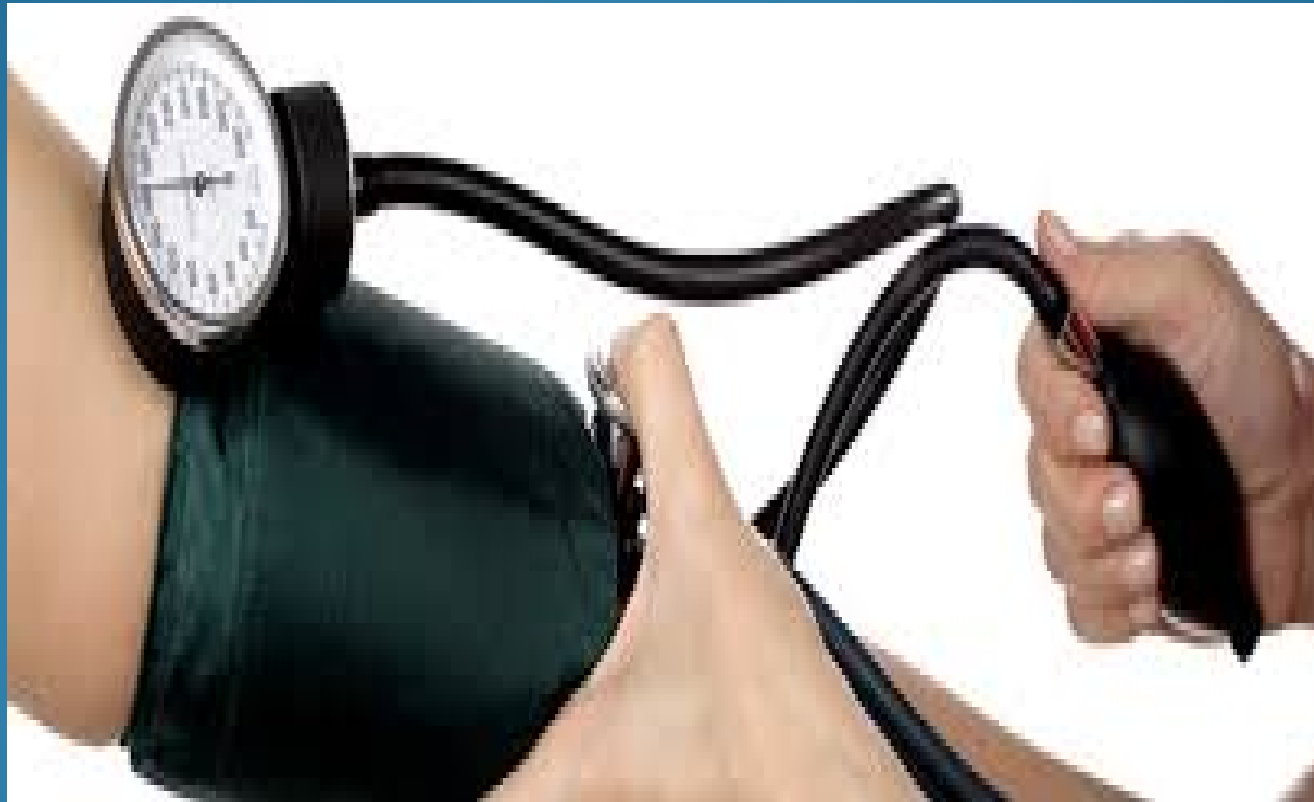


HYPERTENSION



Meaning

Persistently high arterial blood pressure, defined as systolic blood pressure above 140 mm Hg or diastolic blood pressure above 90 mm Hg.

Classification of blood pressure and stages of HT in adults

Blood pressure range SBP/DBP	Classification
120/80	Normal (optimal)
120-129/80-84	Pre hypertension (normal)
130-139/85-89	Pre hypertension (Borderline HT)
> 140/90	Hypertension
Stage I 140-159/90-99	Hypertension (Stage I)
Stage II 160-179/100-109	Hypertension (Stage II)
Stage III > 180/110	Hypertension (Stage III)

Classification of HTN

Hypertension

Primary (HBP in the
Absence of below disease

- Being HTN
- Malignant HTN

Secondary (HBP due
to below disease

- Cardiovascular HTN
- Endocrine HTN
- Renal HTN
- Neurogenic HTN
- Pregnancy induce HTN

ETIOLOGY

HT may develop due to any of the following reasons.

- Genetic factor
- Body weight and height – increase in BMI
- Age
- Gender
- Changes in rennin-angiotensin
- Hyperinsulinemia
- Dietary factors
- Modern lifestyle
- Factors that may increase re-absorption of sodium

COMPLICATIONS

- Kidney disease
- End stage renal disease
- Hardened arteries
- Angina
- Left ventricular hypertrophy
- Left side heart failure
- Cerebrovascular disease
- Cerebral hemorrhage
- impaired vision
- Kidney failure
- Heart disease
- Cardiovascular disease
- Heart attack
- Heart failure
- Stroke
- Eye complications
- Retinal damage
- Death

Objectives of MNT

- To achieve gradual weight loss in overweight and obese individuals and maintain weight slightly below the normal levels.
- To reduce sodium intake and maintain fluid and electrolyte balance.
- To maintain adequate nutrition.
- To lead a healthy lifestyle.
- To slow down the onset of complications.

NUTRITIONAL MANAGEMENT

- Maintain normal body weight (BMI: 18.5 to 24.9).
- Consume diet rich in fruits and vegetables.
- Low fat dairy product consumption which reduced content of saturated and total fat.
- Engage in regular aerobic physical activity such as brisk walk at least 30 minutes per day, most days.
-

- Reduce sodium intake to no more than 6 gm NaCl. Depending on the severity of hypertension, different levels of sodium intake can be recommended
 - Mild sodium restriction (2-3 g sodium/day) – salt may be used lightly in cooking. Avoid table salt and processed foods.
 - Moderate sodium restriction (1 g sodium/day) – No salt in cooking. Table salt and processed foods along with high sodium content vegetables, canned vegetables and baked products should be avoided.
 - Strict sodium restriction (0.5 g sodium/day) – Apart from restriction stated above meat, milk and eggs are allowed in small portions.
 - Severe sodium restriction (0.25 g sodium/day) – Restricted quantities of meat and eggs are used only occasionally.

- Low sodium diet foods :

Bread or chapattis or wheat, rice, maize, jowar, bajara or ragi, breakfast cereals, pulses, fish, chicken, milk (toned), vegetables – potato/ sweet potato/ tomato/ gourds/ cauliflower/ cabbage/ carrots.

- Fluid restriction is necessary only if edema is present.