

# **JIM C – HEALTH TERMS**

## **MONDAY - 04/13/2009**

**Hypertension affects 20% of people living in the United States. Of these, almost a third are unaware of their condition.**

### **HOW DID THE TERM “*HYPERTENSION*” ORIGINATE?**

***Gale Encyclopedia of Medicine:* Hypertension is high blood pressure, which is the force of blood pushing against artery walls.**

***Origin:* Sushruta (6 BC Indian surgeon) explained hypertension in a manner which matches the modern symptoms of the disease.**

***Basics:* Systolic pressure measures blood pressure as the heart contracts to pump out blood. Diastolic pressure measures blood pressure as the heart relaxes to allow blood to flow into the heart.**

- Normal adult blood pressure is less than 120/80 mm Hg; 120 describes systolic pressure and 80 describes diastolic pressure**
- Pre-hypertension: 120 to 139 / 80 to 89 mm Hg**
- Stage 1 Hypertension: 140 to 159 / 90 to 99 mm Hg**
- Stage 2 Hypertension: 160/100 mm Hg or higher**

***Clarification:* Hypertension (aka the “silent killer”) often produces few overt symptoms; however, statistical analysis reveals that beginning at a blood pressure of 115/75 the risk of cardiovascular disease doubles with each increase in blood pressure of 20/10.**

***C W:* Hypertension = Chronic, sustained high blood pressure**

***M of Z:* Medicines control blood pressure, but cannot cure it**