

## Measuring Blood Pressure

Have you ever had your blood pressure checked? It's simple and easy.

Measuring blood pressure is a very common medical test that is carried out by doctors, nurses, and other trained personnel.

Hypertension is another name for high blood pressure. If someone has high blood pressure they are referred to as hypertensive.

A person's blood pressure level can have many health implications and the global medical community is heavily involved in the research and treatment of high and low blood pressure.

To understand exactly what blood pressure is, you have to remember that the heart is a pump#the main aim of which is to force blood through the many miles of piping of our blood vessels. And if we think about how pumps work (through generating pressure), then it's easy to see that there is a lot of work involved.

If you have too much pressure in your arteries, it puts a strain on the piping (blood vessels) as well as a strain on the pump (heart) itself. This can result in the blood vessels bursting or the heart failing under the strain. This is a rough analogy that illustrates the effects of high blood pressure.

Unfortunately, high blood pressure is a common condition, and the older you get the more likely you are to develop it.

Of course, this does depend on related factors such as diet, heredity, and your ethnic background#also on whether you are overweight or have diabetes or any other medical condition.

On a positive note, however, hypertension can be easily diagnosed. Measuring blood pressure is a simple, quick, and painless procedure. Further, once you have been diagnosed, you may not need treatment - because all that may be required to lower your blood pressure is a change of lifestyle (watching what you eat, watching your weight and doing more exercise).

Drugs to treat high blood pressure are frequently called anti-hypertensives.

If you need drugs to remedy high blood pressure, there are a number of very effective drugs available. These are nearly all prescribed by a doctor, and should be carefully monitored for any adverse effects or reactions.

If you do suffer any unpleasant side effects from your anti-hypertensive drugs, it's important you tell your doctor rather than putting up with it as he or she may be able to either reduce your dose or try you on another medication which is more suited to you.