

# Research strategies for high blood pressure

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Research Strategies for High Blood Pressure High blood pressure or Hypertension affects more than 900 million people world wide (Hajjar, Kotchen, & Kotchen, 2006). This disease can affect both men and women alike and can develop at various ages. Many Americans suffer from high blood pressure and many do not know they even have this disease. High blood pressure puts an individual at risk of stroke, heart attack, and death. The purpose of this paper is to describe a research strategy toward finding a solution for the researcher's high blood pressure. In determining the research strategies I found that there are many Internet pages and references to review. Many articles were also available within other reference e-books in the school library, and as part of journals and magazines. In reviewing many of these findings, it became clear that there is some specific information that needs to be gathered to help with solving this problem. One web page listed two main sets of risk factors to consider, factors a person can control and factors a person cannot control. Some of the elements to consider for the risk factors a person cannot control were easy to determine. Age and race were easy and self explanatory whereas family history requires looking back at family members and discussing with them of any history of high blood pressure. Controllable risk factors open a whole new world for determining the researchers strategy. Obesity, salt intake, alcohol consumption, physical activity, and stress factor in at different levels (www. benicar. com, 2008). Some other factors to take into consideration include are older age, genetics, and smoking. Levels of each controllable factor should be documented and evaluated to determine a course of action. Increasing or decreasing specific factors and reevaluating the blood pressure

level over will help in reducing the risks. While developing this research strategy, it was noted that many of the resources reviewed had numerous valid similarities with specific information. Most blood pressure product advertising sites seemed to want to sell the product first. The information that was being researched required more investigation and was not readily available. By redefining the searches and specifying a medical or educational source search, I could eliminate advertisement websites and pop ups. Usable logs and brochures to track your blood pressure were available online at no cost. The log seemed to be an excellent tool to keep a documented track of what the blood pressure levels are so that a course of action could be determined even though every other page seemed to advertise the given product. Weight management appeared to be a common factor in all the information that was gathered. Establishing a good exercise plan and a nutritional diet chart would help in determining the blood pressure levels. Speaking with family members and finding who in my family had or may have had high blood pressure will let me determine if I am at a risk. I believe a visit to my family doctor is the next and most essential step in this process. Speaking with a medical professional will help me to know where I stand in my health and will play an important part in determining my diet and exercise program. By keeping accurate logs of my blood pressure for one to two weeks I will determine what my level is. Developing a diet and an exercise routine during that same period allows for an easy transition into this new lifestyle. Continual blood pressure monitoring and documentation at a minimum of three times a week will help me keep an accurate track of my levels.. In conclusion, the reduction of high blood pressure is not an easy

process nor is it a one-time fix. Reducing blood pressure and maintaining it at a normal level becomes a lifelong event. Research has shown that the most essential requirements for the reduction of high blood pressure is to exercise and establish good eating habits. This will require working out at a minimum of 30 minutes, three times a week, keeping the heart rate elevated at least twenty minutes. Healthy eating will require established eating hours, especially not eating after seven p. m. at night. A well balanced diet that includes fruits and fibers will be essential. The goal is to live longer and healthier. References Hajjar, I., Kotchen, J. M., & Kotchen, T. A. (2006, January 1). Hypertension: Trends in Prevalence, Incidence, and Control. *Annual review of Public Health, 27*(1), 27. [www. benicar, com](http://www.benicar.com). (2008). High blood pressure risk factors. Retrieved from [http://www. benicar. com/info/about\\_hypertension/risk\\_factors. html](http://www. benicar. com/info/about_hypertension/risk_factors. html)