

# Example of creative writing on expressing yourself informally

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There are diseases in contemporary generation that have been categorized as global epidemics - one of which is hypertension . Due to the evolving nature of factors that are deemed to be instrumental and contributory to the illness, various studies and researches continue to be conducted on the subject. An update on identified factors that provide evidence to increased tendencies or preponderance for hypertension focused on racial differences and the levels of natriuretic peptides (NP).

In an article written by Gupta, de Lemos, Ayers, Berry, & Wang (2015) entitled " Racial Differences in Natriuretic Peptide Levels: The Dallas Heart Study" published in the JACC Journals this July 2015, the authors revealed that " natriuretic peptides (NP) are hormones with natriuretic, diuretic, and vasodilatory effects. Experimental NP deficiency promotes salt-sensitive hypertension and cardiac hypertrophy, conditions that are more common among black individuals" (p. 513). The findings have confirmed direct links between the presence of low NP which reportedly leads to salt-retention and hypertension. Other studies asserted findings linking hypertension to other variables such as physical activity, dietary intake, and even potassium intake .

It is interesting to note that the latter study did not focus on racial orientation, where the participants were predominantly Portuguese in ethnic descent. The former study indicated that the level of NP for Hispanics (Portuguese) were higher, as compared to the levels exhibited by African Americans. Yet, the impact of racial disparity could also be contributory to the kind of diet or food preferred to be consumed. Food which have higher sodium content would have stronger links to the development of salt-

retention and hypertension. As such, one believes that to determine the reliability and consistency of the study conducted by Gupta, de Lemos, Ayers, Berry, & Wang (2015), similar methodology could be applied to other races, as needed.

## References

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