

# Hypertention

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Introduction Hypertension, also called high blood pressure, is a condition associated with elevated pressure in the arteries. The normal level of blood pressure is estimated to be 120/80 mmHg. Hypertension is a condition that may lead an individual to developing other worse diseases like a stroke or heart diseases, or may even cause death. This condition is mostly associated with old people. Hypertension has no symptoms thus regular checkups are needed.

The treatment of hypertension should be given as early as possible to avoid developing heart related diseases. It consists in a balanced diet, regular exercise, and low body weight, which limit the level of salt and reduce stress.

The treatment also mandates a smoker to stop or quit smoking.

Hypertension is the biggest cause of strokes and heart diseases.

Hypertension has also been associated with the aging of the brain. Regular checkups are important for early detection o hypertension.

Influence of cultural factors in health assessment and physical examination  
Cultures are diverse and different. Culture defines a set of beliefs, behavior and interaction between groups of people. Culture develops values, norms and behavior related to the environment. Different cultures have different views on health. Health professionals have associated culture with health risks. Religion has also been among the factors which lead to health risks.

Many religious people tend to abstain from using certain products, and thus, acquire diseases. For instance, the Seventh day Adventists are prohibited from eating meat and drinking some beverages. Some of the practices are

based on education, income, social status and occupation. These factors help one improve. Being conversant with the world makes one knowledgeable about what is best for health, and thus, works towards improving it.

Health related issues can be experienced by migrants who move to a different place. These are caused by the changes they have to adapt to in the foreign country. The cultural aspect can lead to the development of severe degenerative diseases. Some cultural practices like female genital mutilation lead to high health risks. The inclusion of culture assessment in health assessment is important in order to gather data that are accurate and meaningful as well as to intervene with culturally sensitive and appropriate care.

Cultural beliefs lead to unwillingness to seek better health care. Inclusion of cultural aspect in health assessment will lead to better results. Education is necessary for the improvement of health services. Overshadowing culture will surely help reduce health risks. Culture plays a vital role in health risks thus it is necessary to influence it. The destruction of various cultural beliefs which increase health risks should be considered.