

Running head: the effects of hypertension

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Running head: The effects of hypertension The Causes of Hypertension and Effect on the Cardiovascular Syst Course: HSC 46 Annotated Bibliography

Appel, L. J., H., Jackson. W. T., Greene, T ., Agodoa, L. Y., Astor, B. C . Bakris, G. L ., William H. Cleveland, W. H., Charleston, J., Gabriel Contreras, G ., Faulkner, M. L., Gabba F. B., Gassman, J. J., Lee A. Hebert., . Jamerson, K. A., Kopple, J. D., Kusek, J. W., Lash, J. P., Janice P. Lea., Julia B. Lewis., Lipkowitz, M. S., Massry, S. G., Mille, E. R., Norris, K., Phillip, R A ., Pogue, V. A., Otello S. Randall., Stephen G. Rostand., Smogorzewski, M. J., Robert D. Toto, R. D., Wang, X. (2004).). Intensive- Blood Control in Hypertensive Chronic Kidney Disease. The New England Journal of Medicine. 363 (10) 918-929. The research study is base on the effect of chronic high blood pressure on the kidney, leading ton kidney failure. In this observation study on end-stage renal disease (ESRD) in a predominately African Americans population, there were randomly assigned (1094) to those who had aggressive high blood pressure control, and those, with those less control high blood pressure. In the trial phase patients were invited to enroll in cohort phase in which the blood pressure target was less than 130/80 mm Hg. In the trial phase the mean blood pressure was 130/78 mm Hg in the intensive control group and 141/86 mm Hg in standard- control group. During the cohort phase, the corresponding mean blood pressures were 131/78 mm Hg 134/78 mm Hg. In both phases, there are no differences with the two groups. However, the studies assets that hypertension is not the only factor that contributes to kidney disease, especially with patients with diabetes. The study also found out that with different interventions to control blood pressure, it's founds that using aggressive treatment in patient with hypertension with baseline

proteinuria makes no difference. The study applies both Social Capital Theory and Social Network Theory. On the social capital theory application it involve many members in medical research community to create the networks, norms, and trust needed to cooperate in social situations with trust and reciprocity to complete the study. On the social networking theory application by using a define group and then identifying the characteristics of the network by using a facilitator from the group of researchers as Dr. Appel, the leader in research study. Social Networking theory will train the facilitator from the groups. Base on the research study it applied theories on the effect of hypertension on end-stage renal disease African Americans, shows the highest rate of deaths, and the number one killer disease from renal failure in United States. Kual, L.,& Nidiry, J. J. (1999). Management of the obesity in low-income African Americans. *Journal of the National Medical Association*. 91 (3) 139-143. The research study used two main criteria in educating African Americans about cardiovascular related diseases and the community at large. The components to these teaching are nutrition education, exercise, and behavior modification related to food intake. Management and treatment of obesity is one of the main national pandemic facing United States proposing serious clinical challenges with the medical communities. First the study report that obesity is the leading cause of hypertension increases the incidence of cardiovascular diseases, diabetes mellitus, respiratory distress, gallbladder disease, surgical risk factors, and complications of during pregnancy, and psychosocial effects. Health insurance companies measure obese individual as those with body weight greater than 20%, and the amount of adipose tissue as compare to the

muscle mass. Therefore, there are two types of obesity: hyperplastic are those characterized with t fat cells and hypertrophic are those characterized with the number of enlarge fat cells. The study finds that obesity in both white and black women is associated with low income earners. The program used sixteen obese African-Americans patients with weight greater than 20%, and with a mean weight of 263 pounds who were low income earners. Blood test checked the different levels LDL and HDL, BUN, plasma level of triglycerides and glucose range. The research study applied two methods for patients to lose weight in a realistic way and continue as life-style changes. This involves diet and exercise. To achieve these goals, patients were taught about shopping methods for buying foods low in calories and preparing them for consumption. Hypertensive, obese patients were giving suggestions for preparing low-sodium and low fat diets. The other component of the promotion of program is the different of kinds of exercise, both aerobic, like running and swimming and strength building, like weight lifting. The study reports that patients were able to lose two pounds per week with realistic goals set in place. The study then concluded that unlike other diet programs that gives standard diet sheets this program uses standard diets with individualized plans for nutrition, education, meal planning, and for grocery shopping. The research study applied the Health Belief Model for the patients about the state of their health and to take action with the construct perceived susceptibility, perceived benefits and cues to action. The study also uses the Theory of Planned Behavior (/ TRA/TPB) that people will do something if they intend to do it, than with no plan set for action. The other theoried applied in the health promotion is the Trans-Theory Model (TTH) and

Precaution Adoption Process Model (PAPM), that involves step-by-step changing behavior. The interventions for the participants are, to adopt slow changes to achieve these goals. This concludes t, each one lose an average of two pounds a week in the program on a total average of fourteen pounds occurred in seven weeks. Baltazi, M., Katsike, N., Savopoulos, C., Liliadis, F., Koliakos, G., & Hatzitolio, A. (2011). Plasma neuropeptide Y (NYP) and alpha-melanocyte stimulation hormone (a-MSH) level in patients with or without hypertension and/ or obesity: a pilot study. First Propaedeutic Department of Internal Medicine, AHEPA Hospital, Medical School, Aristotles University of Thessaloniki, Greece; Department of Biochemistry, Medical School, Aristotles University of Thessaloniki, Greece. 1 (1) 48-59 The research study point out clearly that obesity is the main factor that co-exists with patient with hypertension. The key contributing factors is the concentration of Neuropeptide Y, alpha-melanocytes stimulating hormone. The hypothalamus Neuropeptide produces biochemical that regulate food appetite, energy balance and sympathetic system activity which contributes to high blood pressure. This research of 160 non- diabetic patients, were divided into six groups based on the body mass index (obese, overweight, normal weight) and their d blood pressure. Their waist circumference (WC) and heart rate (HR) were also recorded. The results of the study found that NPY levels and heart rate were very high in overweight and obese hypertensive patients compared to normal weight hypertensive patients. But the normotensives were overweight and obese hadthe most dangerous NPY levels in their blood system. Those patients with central obesity also have high levels of NPY and a-MSH than those without central obesity. The research study then concludes

in its suggestion that NYP level may have a significant involvement in obese related hypertension disease. The research study applied the diffusion of innovations theory with new medical technology to find out the contributing factors that is causing obese people developing hypertension at rapid rate than normal. The construct applies innovation development and dissemination. The theory of organization development: and ecological model. The research gives a detail how technology will make difference in the lives of people, with causes and effect of hypertension and the contribution factors; and find treatment in the near future. Day-Vines, N, L., Holcomb-McCoy, C. (2007). Wellness Among African Americans Councilors. *Journal of Humanistic Counseling, Education and Development*. ProQuest Central. 46- (1) 82-97 The research study focused on health promoting and wellness for African Americans. For a protracted period of time African Americans faced considerable discrimination and racism with serious consequences to their health. In addition to income disparity between African Americans with the same qualifications as European Americans earns less income. This puts them socially vulnerable to psychological and physical, health problems, including hypertension and other related cardiovascular diseases. Research state that in order to demonstrate the distinction between health and wellness, that it is necessary to integrate social, mental, emotional, spiritual, and physical component. Where a high level of wellness is demonstrated, all the components are in balance. The study defines health as the absence of illness, whereas wellness emphasizes a zest and enthusiasm of life. The research uses two counseling theories that we did not cover in class but was very interesting. These two models of

wellness are " wheel of wellness and the indivisible self-model" (Day- Vines & Holcomb, 2007). The wheel mode has five tasks: spirituality, self-direction, work and leisure, friendship, and love. The indivisible model is more evidence- based and incorporated the wheel model dimensions plus five " selves" the essential self, social self, creative self, physical self, and coping. The two health models are able to counsel for hope and strength to people of color around the country with no health insurance, and many chronic diseases. Plescia, M., Herrick, H., Chavis, L. (2008). Improving Health Behaviors in an African American Community: The Charlotte Racial and Ethnic Approaches to Community Health Project. *American Journal of Public Health*, 98(9), 1678-84. In this research study, the goal is how to improve the health behaviors in an African American Community in Charlotte, North Carolina. The main objective is how to examine the effect of the three behavioral risk factors that causing high rate of heart disease and diabetes, which were low consumption of fruits and vegetable, low physical activity, and cigarette smoking. The Community came together and a form a coalition in reducing these health disparities as compare to State Statistics data. A lay health advisor program and policy community environment changes strategies were implemented with 20, 000 African Americans (89%) from 2001 to 2005, which is developed by Center for Disease Prevention and Control and received funding to implementing the project. The program set up behavior questions for those at high risk with surveillance system around the community. This is done by Changes in Policy and Community Environment, Community Survey and Data Analysis, which involves health education on hypertension and diabetes. In five years the three behaviors

improves in the five years period. There were dramatic improvements in physical health statistically ($p = .02$) and Smoking ($p = .03$) among ages from thirty- five to fifty-five years. The baseline for physical activity for African Americans of north east corridor has increase dramatically compare State wide (2001, $p < .001$; 2005, $p = .38$). The consumption of fruits and vegetables have increase from (2001, $p = .68$; 2005, $p = .001$). The study use logic model to assess progress in addressing health disparity, these were: capacity building, target actions, change within systems and among change agents, risk and protective behavior change, and elimination of health disparities. These means policy and community environment changes techniques and community participation practices improve health behaviors in African Americans Communities to reduce health problems. The study uses Communication theory (mass communication and multiple levels of impact), and Social Network Theory in assessing the people in their network and their linkage to train a key members of their Community to train others in educating the masses.