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Hyderabadis high on hypertension

A study indicates that 30 % of Hyderabadis in the age group of 40-60 have high BP

On the occasion of World Hypertension Day (May 17, 2017), a study by Indus Health Plus revealed 30% of Hyderabadi males and females in the age group of 40-60 years who have hypertension are at high risk of heart diseases like heart attacks or strokes.

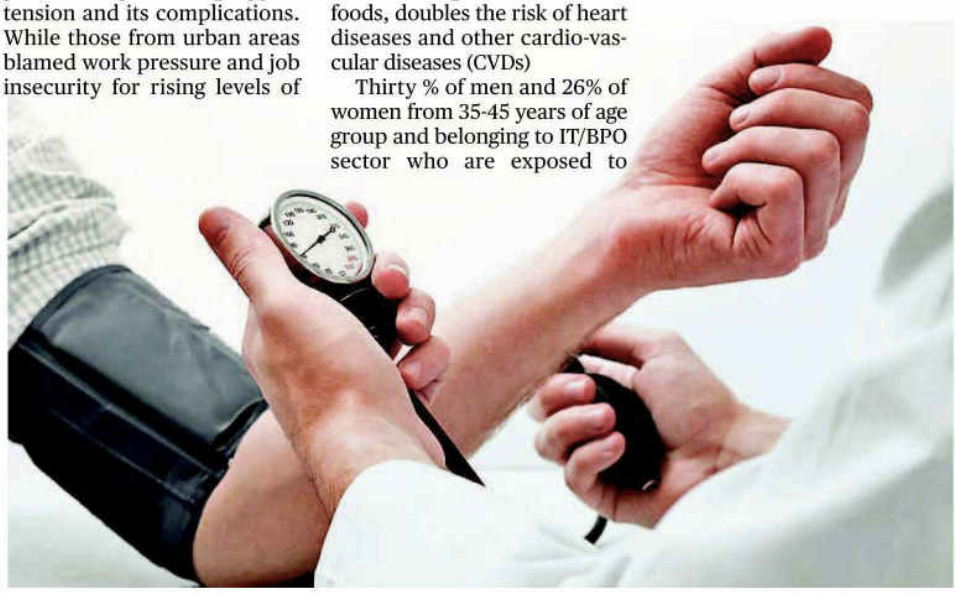
The sample size for the study was 8952 people who underwent preventive health checkup during January - December 2016. The report states that among the people who came for a health checkup, 21.4% urban population and 14.8% rural population are suffering from hypertension.

Amol Naikawadi, Preventive Healthcare Specialist, "90% of the population are unaware about the silent symptoms of hypertension. Hyderabadis are not meeting healthy lifestyle recommendations that are important in preventing hypertension and its complications. While those from urban areas blamed work pressure and job insecurity for rising levels of stress and eventually hypertension, people from semi-rural and rural area blamed the increasing cost and increased in-house expenditure. If not treated on time, hypertension can lead to heart problems, renal and multiple organ failure. A timely and routine check-up can reduce the risk of Hypertension."

Key findings from the survey

Ten % of youngsters from the age group 25-30 years regularly drink alcohol and smoke tobacco in the form of cigarettes and hukka and they have been identified with pre-hypertension.

Hyderabadis' main diet comprising non-vegetarian food which is spicy and salty, puts them at high risk of hypertension and central obesity. This, coupled with a diet poor in fruits and vegetables, fibre-less foods, doubles the risk of heart diseases and other cardio-vascular diseases (CVDs)

Thirty % of men and 26% of women from 35-45 years of age group and belonging to IT/BPO sector who are exposed to stress in the form of work pressure, deadlines, job insecurity, financial problems, appraisals, etc. indulge in a lot of junk foods, smoking and drinking during their working hours and at home also, have been diagnosed with hypertension. Surprisingly, 60% of them were unaware of it and 15% knew because of family history.

Five % of women from the age group of 30-40 years who have been diagnosed with thyroid deficiency, obesity and are in their productive age have secondary hypertension. Secondary hypertension, where the high blood pressure is the result of another condition or illness, such as kidney diseases, disorders of the thyroid, pituitary or adrenal glands, pregnancy, obesity and sleep disorders and adverse effects of medicines.