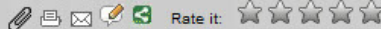




Image View

Text View



AdChoices ▶

▶ Health Care India

▶ Times of India

▶ Hypertension

▶ Heart Attack Risk

## Bangalore tops the list

Bangalore: Bangalore has about 12.8% of hypertension cases, the highest reported by a study conducted by [Indus Health Plus](#) across major Indian cities over a period of one year (January 2013-April 2014). Bangalore was followed by Mumbai with 9.40 per cent and Delhi with 7.29 per cent respectively.

The study which was officially released on Saturday was conducted on 12,753 respondents from Bangalore in the age group of 25-55 years and above, who had come to the Indus Health Plus centre for preventive health care. During the study it was observed that one out of four IT professionals had been suffering from hypertension. The study revealed that around 31 per cent of IT/ BPO professionals are hypertensive and about 5 per cent had malignant levels of hypertension and 6.9 per cent of females were suffering from hypertension. 18 per cent of youngsters between 20-25 years old and about 23 per cent youngsters in the age group of 26 – 30 years were reported to have first stage of hypertension.

In the study it was observed that high stress level at office and home are increasing the risk of hypertension. High intake of junk food, no exercise, hectic lifestyle, smoking and alcohol consumption are increasing the risk. According to Global Burden of Disease Study, hypertension (high blood pressure) tops the list of risk factors for death and disability globally. Despite being a common disease, many people are still unaware that they suffer from hypertension because it has no obvious symptoms.

Speaking about the importance of the study, Amol Naikawadi, preventive healthcare specialist, Indus Health Plus said: "Increasing number of hypertension cases have been observed in younger generation and middle age group. People tend to ignore symptoms such as headaches and anxiety. Hypertension if not controlled in time it can cause stroke, heart attack and kidney diseases."

Luna Dewan

Published Date: May 19, 2014

Copyright restricted. For reprint rights [click here](#)