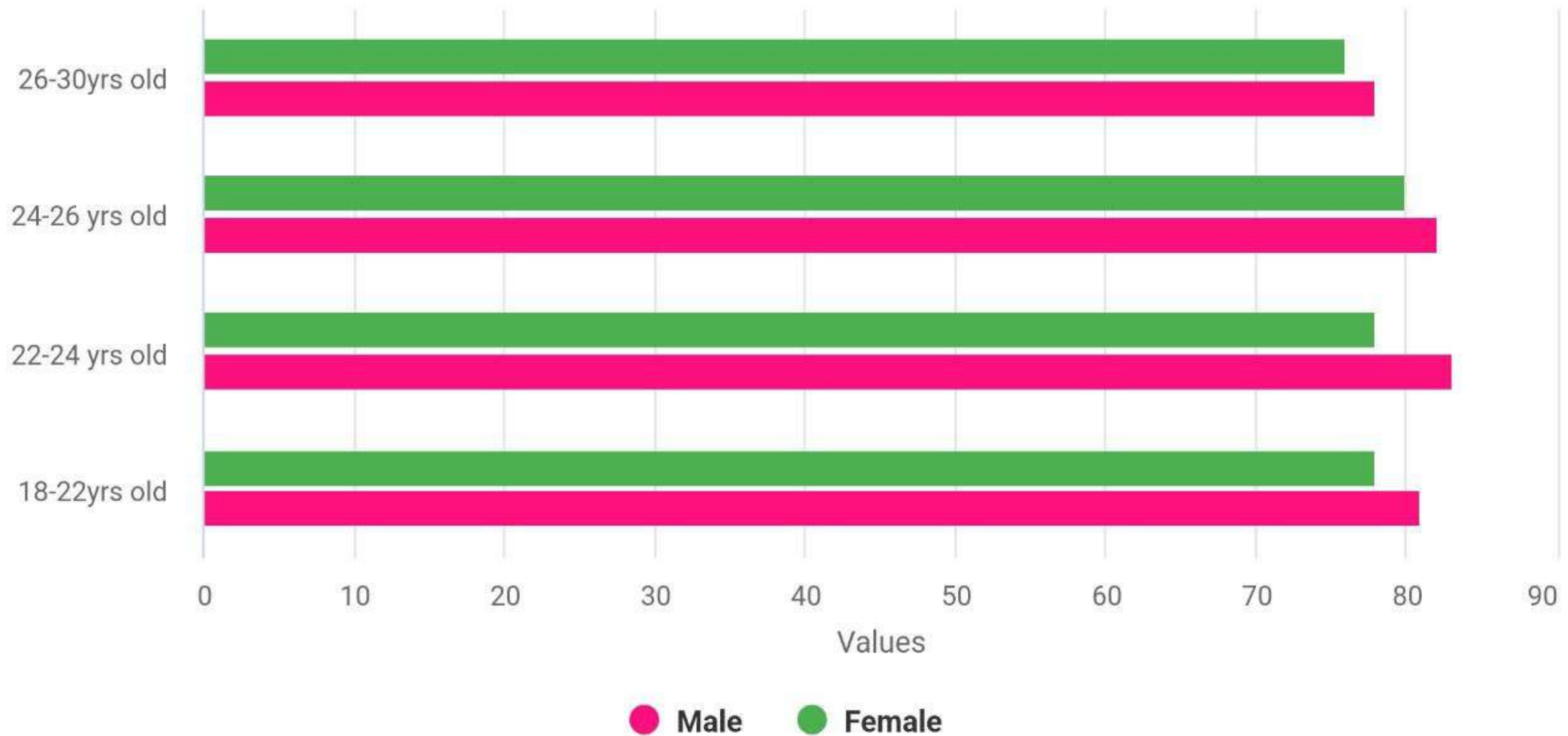


GRAPHICAL INTERPRETATION

pulse rate differentiation



LIMITATION AND CAUSES

- High Blood Pressure (Hypertension)
- High blood pressure is often categorized into two types: primary (essential) hypertension and secondary hypertension.
- Primary Hypertension:
 - Genetics: A family history of hypertension increases the risk.
 - Age: The risk increases as you get older.
 - Race: Certain ethnicities have a higher risk.
 - Lifestyle factors: These include a high-salt diet, excessive alcohol consumption, lack of physical activity, and smoking
 - Stress: Chronic stress can contribute to



LIMITATION AND CAUSES

Secondary Hypertension:

- Kidney Disease: Issues with kidney function can affect blood pressure regulation.
- Sleep Apnea: Interrupted breathing during sleep can increase blood pressure.
- Tumors: Certain tumors can produce substances that cause high blood
- Thyroid Problems:
 - Both hyperthyroidism and hypothyroidism can cause high blood
 - pressure.
- Certain Medications: Birth control pills, decongestants, and other medications can raise blood pressure.



LIMITATION AND CAUSES

- **Illegal Drugs:** Substances like cocaine and amphetamines can significantly increase blood pressure.

Low Blood Pressure (Hypotension)

Low blood pressure can be influenced by a range of factors, including:

- **Dehydration:** When your body loses more water than it takes in, it can cause weakness, dizziness, and fatigue.
- **Heart Problems:** Some heart conditions can lead to low blood pressure, including extremely low heart rate (bradycardia), heart valve problems, heart attack, and heart failure.
- **Endocrine Problems:** Issues with hormone-producing glands in the body, such as thyroid disorders, adrenal insufficiency (Addison's disease), and low blood sugar (hypoglycemia)



LIMITATION AND CAUSES

- Severe Infection (Septicemia): When an infection in the body enters the bloodstream, it can lead to a life-threatening drop in blood pressure.

Lifestyle factors also play a significant role, such as:

- High salt intake
- Lack of physical activity
- Excessive alcohol consumption
- Stress
- Smoking

Low blood pressure, or hypotension, can result from:

- Dehydration
- Severe blood loss
- Severe infection (septicemia)
- Severe allergic reaction (anaphylaxis)
- Heart problems



CONCLUSION OF DATA COLLECTED

We arrived at some particular results after conducting and analysing the survey. It is observed that the students face hypertension and related issues mainly due to lack of proper food, improper time management, academic stress, and managing the hectic schedule of the university. Students find it hard to manage the time in between the classes and therefore are needed to skip meals in order to attend their classes on time. This leads to an irregular routine and the students fall prey to such issues. Also, it is observed that some medicines required by the students aren't available here in Osh. A part of students also have these issues as a result of inherent characteristics.

Symptoms of Low Blood Pressure



Dizziness or lightheadedness.



Fainting or passing out.



Upset stomach.



Blurred or distorted vision.



Fast, shallow breathing.



Fatigue or weakness.



Feeling tired



Confusion



Agitation

ADVICE FOR HYPOTENSION

Low Blood Pressure (Hypotension)

For patients with low blood pressure, the advice can vary depending on the cause, but general recommendations include:

- Increase Salt Intake:
 - This can help raise blood pressure, but it's important to do this under medical supervision.
- Drink More Water:
 - Fluids increase blood volume and help prevent dehydration, both of which are important in treating hypotension 2).
- Eat Small, Frequent Meals:
 - To avoid blood pressure drops after meals, eat smaller portions more frequently throughout the day.
- Wear Compression Stockings:

5 Hypertension Care Tips



1. Lose Weight

2. Stop Smoking and Drinking



3. Exercise Daily

4. Eat Less Sodium



5. Lead a Stress-Free Life

ADVICE FOR HYPOTENSION

- These can help reduce the pooling of blood in your legs and alleviate the symptoms of orthostatic hypotension.
- Medication:
 - In some cases, medication may be needed to treat low blood pressure.
 - Always consult with a healthcare provider before starting any new medication. In some cases, medication may be needed to treat low blood pressure.

Always consult with a healthcare provider before starting any new medication.

- Be Mindful of Body Positions:
 - Move slowly when changing positions from lying down to standing.
- Avoid Alcohol:
 - Alcohol can lower blood pressure further, so it's best to limit or avoid it.

ADVICE FOR HYPERTENSION

High Blood Pressure (Hypertension)

For patients with high blood pressure, the following advice is commonly given:

- Dietary Changes:

- Reduce salt intake.
- Eat plenty of fruits, vegetables, and whole grains.
- Limit saturated and trans fats.

- Physical Activity:

- Engage in regular aerobic exercise, like brisk walking, for at least 150 minutes a week or 30 minutes most days of the week

- Include strength training exercises at least two days a week.

- Weight Management:

- Aim for a healthy weight. If you're overweight, even losing a small amount of weight can help lower blood pressure.

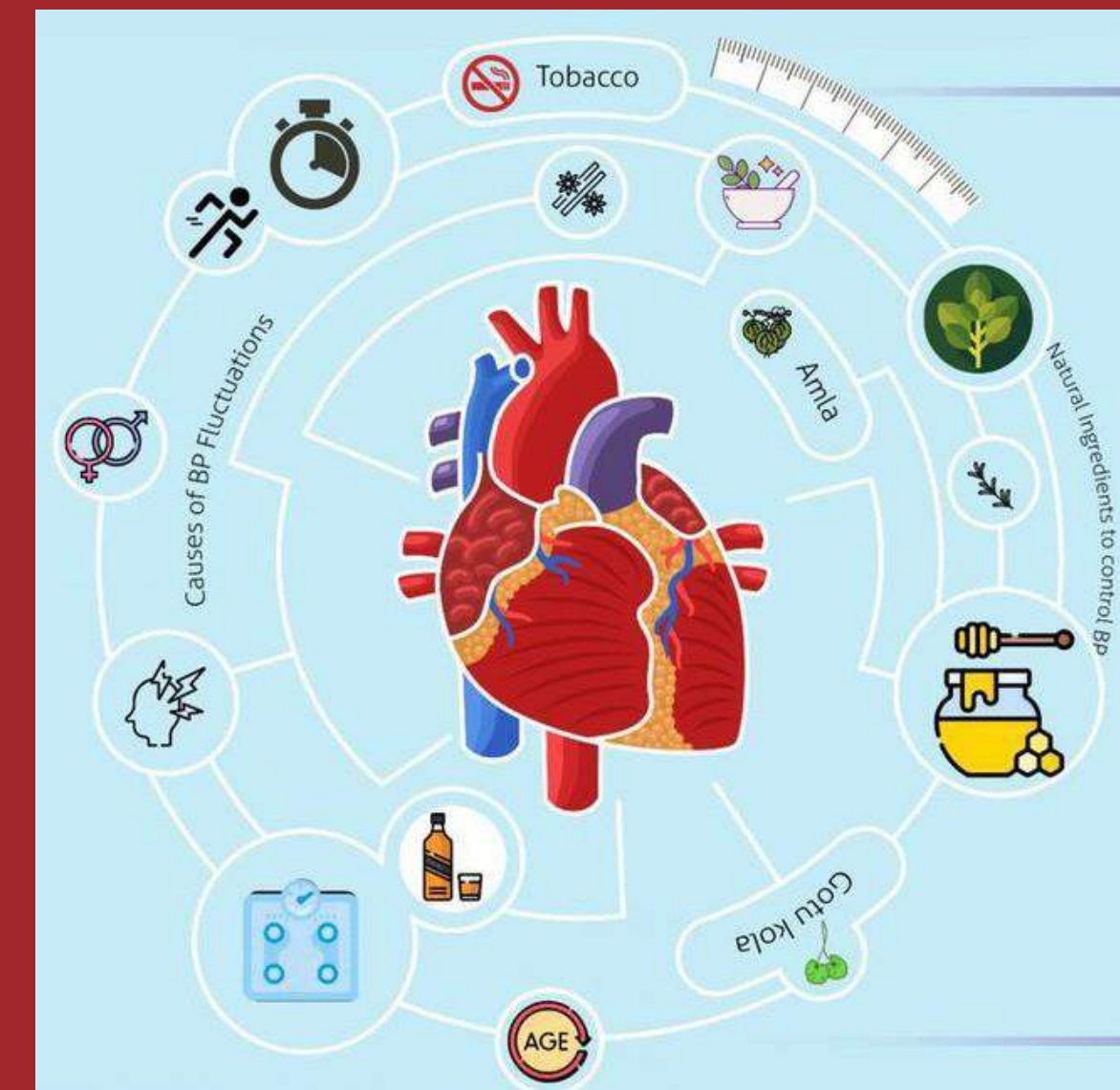
- Limit Alcohol:

- Drink alcohol in moderation, if at all.

- Quit Smoking:

- Smoking increases blood pressure and puts you at higher risk for heart attack and stroke.

- Stress Reduction:



ADVICE FOR HYPERTENSION

- Practice stress-reducing techniques, such as meditation, deep breathing, or yoga.
- Regular Health Screenings:
- Monitor your blood pressure regularly.
- Medication:
- If prescribed, take blood pressure medications as directed by your healthcare provider.



HYPERTENSION

EFFECTS YOUR WHOLE BODY



DEPRESSION
& ANXIETY



STROKE



LOSS OF VISION



HEART DISEASE



KIDNEY DISEASE



SEXUAL PROBLEMS



BONE LOSS



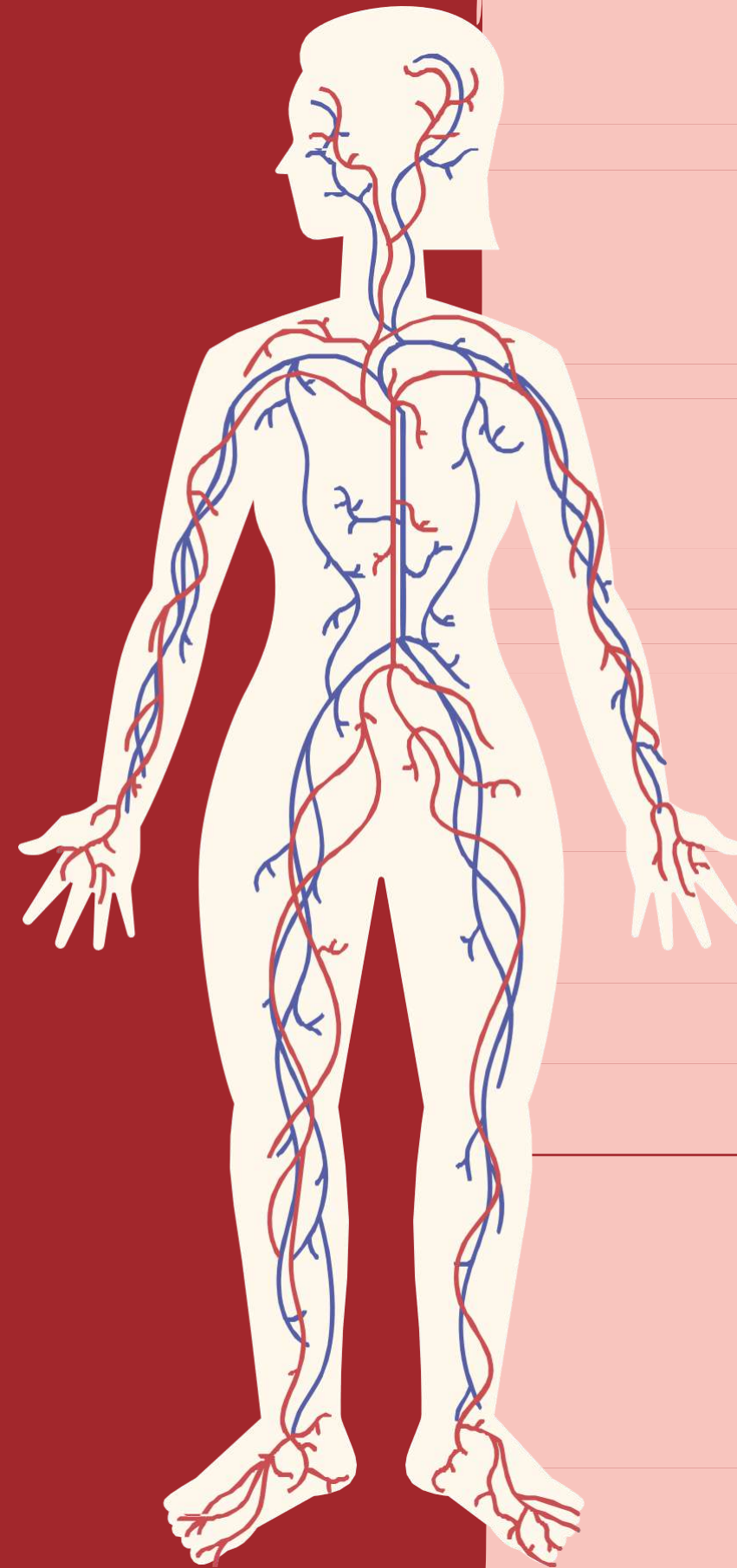
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GUIDED BY:

Our respected
Physiology teacher:
Paizildaev Timur sir



SUBMITTED BY:

GROUP = INL-4W A

SUBJECT = human physiology

***THE
END***

