

Hypertension or very high blood pressure is rather common in today's day and age. That being said, it appears because the blood force is very high and this can cause damage to artery walls in the long run. A lot of people end up living with hypertension without even knowing about it. But despite not having symptoms, they do end up with blood vessel and heart damage. How can you know if you have hypertension? Let's find out!

Recurrent headaches

If you end up having recurrent headaches, then you definitely need to see a doctor. More often than not these headaches are coming from high blood pressure. These tend to get worse when you skip medication or if you stress out during the day. Most of the time hypertension related headaches are mild, but sometimes they can be moderate or even severe too. That's why you need to go to a medical professional as soon as these appear. You shouldn't just leave them be, as they will get worse. Lowering your blood pressure will usually stop them.

Nose bleeding

It's not a classic sign of hypertension, however it can be generated by it. The idea is to fully focus on the situation and relax as quickly as possible. Medication and medical attention should be able to help here. Try to avoid putting your body through a lot of pressure if you encounter nose bleeding, as things can get worse.

Shortness of breath

Sometimes hypertension can lead to shortness of breath. This appears because your lungs and your heart are not functioning properly. Either you are exhausted or you exercise, as that's when this particular symptom appears. But if you always have this issue whenever you lift or carry items, then most likely it's connected to hypertension.

Dizziness

Hypertension can end up bringing you dizziness as well. Of course, this also ties into blood pressure fluctuation and medication dosage. Ideally you want to stop taking meds for a day or two, and if the problem persists then you do need to start lowering your blood pressure as fast as possible.

Blurry vision

While hypertension might not be the only culprit here, the fact that you have a blurry vision suggests you might have high blood pressure. The best thing you can do at this time is to calm down and relax. Then you have to see an ophthalmologist, as he will figure out whether you have vision problems or not.

Hypertension can appear out of nowhere, and some people live with it without even knowing. The best thing that you can do is to have a medical professional assess your health. And based on that you can see whether you have hypertension or not. Calming down and staying away from stress is extremely important at this time. We also recommend you to take your time with stressful situations and complete tasks bit by bit. Of course, going to the doctor is super important and it's something you want to do as soon as you encounter any of these symptoms.

HAVE YOU EXPERIENCED ANY OF THE ABOVE SYMPTOMS? THESE SHOULD NOT BE OVERLOOKED! SIMPLY CONTACT US TO SCHEDULE AN APPOINTMENT TODAY!