

## **Hypertension - the invisible killer**

More than half of the hypertension patients have no idea of their problem as it is highly asymptomatic. According to a survey conducted by the Health Protection Centre, 27.2% of the population aged 15 or above suffers from hypertension. The situation is even more rampant among the elders aged 65 or above, with a 65% incidence rate.

Hypertension can lead to complications in the heart, aorta, brain, kidney and other organs. It is often related to excessive salt, fat, alcohol and caffeine intake. Lack of exercise, smoking, insufficient sleeping and prolonged emotional stress are also causes for hypertension. In addition, secondary hypertension may be a result of abnormalities in the kidney, vascular system, and endocrine system.

Hypertension patients should monitor their blood pressure level on their own regularly every two to three days. Such a detailed measurement record can assist doctors in diagnosis and treatment. In order to contain hypertension, patients have to take hypotensive drugs as prescribed by their doctors on a regular basis.

There is a wide range of hypotensive drugs available. It is extremely undesirable for hypertension patients to prescribe their own hypotensive drugs from drug stores without advise from a doctor, as different hypotensive drugs should be used in different situation. Also some of these drugs have side effects, and cannot be used together with other medications.