

Association of Foods with Hypertension

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Editorial

Hypertension is a fairly frequent health disease that affects people all over the world. Hypertension is becoming more prevalent all throughout the world, in both low-income and high-income countries. Hypertension is a deadly condition that claims the lives of 7.5 million people every year around the world. It is estimated that by 2025, 1.56 billion people would have died as a result of hypertension. In Pakistan, the image of hypertension is indistinguishable from that of any other country in the world. According to a National Health Survey, hypertension affects 18% of adults and 33% of those over the age of 40. It was also discovered that only around half of all hypertensive were examined, with just half of those receiving hypertension treatment. Only 12.8 per cent of hypertension patients were appropriately monitored due to a lack of diagnosis and no treatment for all evaluated. A recent study in Pakistan found a significant frequency of HTN (45.10 percent) among Pakistanis. All of these research show that the prevalence of HTN has risen to an alarming level [1].

HTN has a negative impact on our lives all over the world. Despite the fact that a large proportion of people with high circulatory strain (HTN) go undiagnosed due to the asymptomatic nature of hypertension (except for a small number of people who have migraines, discombobulation, loss of equilibrium, or vision changes), a large number of people with HTN go undiagnosed. Hypertension causes a slew of severe ailments, including stroke, coronary artery disease, and kidney disease. Hypertension can also cause ocular discharge and peripheral vascular disease, in addition to the disorders described previously. As a result, HTN is not a disease to be taken lightly [2].

Many factors, such as male sexual orientation, age, marriage, upper socioeconomic class, lower educational status, nicotine and alcohol use, diabetes, kind of exercise, and family history of hypertension, have been demonstrated to affect hypertension in the literature. In addition to these elements that have been discovered in many studies, nutrition has also been documented in writing as one of the major risk factors for hypertension. Although a variety of factors are important in controlling hypertension, nutrition is a major factor because it is the primary cause of many other cardiovascular diseases, such as coronary artery disease, GIT problems, and endocrine problems. It has been proven in the literature that fast food causes HTN. Fast foods may cause HTN because of their high salt content, which causes

HTN directly. Higher consumption of healthful foods such as fresh fruit and raw vegetables, on the other hand, corresponds to a decreased prevalence of HTN. As a result, dietary changes would result in hypertension control as well as a reduction in other chronic and life-threatening disorders. Genuine steps should be taken to reduce the consumption of harmful foods [3,4]

Despite the fact that many research studies have been conducted around the world to determine the influence of diet on hypertension, a literature analysis revealed that information about the impact of diet on hypertension in Pakistan is lacking. As a result, in light of limited data on diet and hypertension in our population, particularly at the local level, our study is designed to determine the association between hypertension and nutrition among territorial and general citizens in Islamabad, Pakistan. If current research suggests that diet influences hypertension, we would be able to reduce elevated pulse (HTN) and, as a result, the frequency of hypertension-related death would decrease [5].

Conflict of Interest

None.

References

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How to cite this article: Marck, Daniel. "Association of Foods with Hypertension." *J Hypertens* 11 (2022): 332.

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Received: 08 March, 2022, Manuscript No. jhoa-22-62956; **Editor assigned:** 10 March, 2022, PreQC No. P-62956, **Reviewed:** 14 March 2022, QC No. Q-62956; **Revised:** 21 March, 2022, Manuscript No. R-62956, **Published:** 26 March, 2022, DOI: 10.37421/2167-1095.22.11.332