



## Awareness of Blood Pressure and Its Treatment in OP Patients of Saveetha Dental College

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### ABSTRACT

The aim of the study is to determine the awareness of blood pressure and its treatment among the OP patients of Saveetha dental college using a questionnaire. This study was done to create awareness about blood pressure and its treatment among the OP patients of Saveetha dental college. Blood pressure (BP) is the pressure exerted by circulating blood upon the walls of blood vessels. The most common disorder seen among people is the hypertension. Hypertension usually does not cause symptoms initially, but sustained hypertension over time is a major risk factor for hypertensive heart disease, coronary artery disease, stroke and chronic kidney disease. It is recognized that more than 50% of the hypertensive population worldwide are unaware of their condition. This condition does not occur on mild elevation of pressure rather it comes on gradually leading to a loss of blood flow affecting brain, retina, kidney etc. Though there is no treatment for this disorder, it can be controlled by creating awareness and by undergoing pharmacological treatment. There are many physical factors that influence arterial pressure such as: diet, exercise, disease, drugs or alcohol, stress, and obesity. The study may help people to know about blood pressure and various means to control it.

**Keywords:** Blood pressure, Hypertension, Elastic arteries, Systole, Diastole.

### INTRODUCTION

**B**lood pressure (BP) is the pressure exerted by circulating blood upon the walls of blood vessels<sup>1</sup>. Blood pressure is usually expressed in terms of the systolic (maximum) pressure over diastolic (minimum) pressure and is measured in millimeters of mercury (mmHg)<sup>2</sup>. It is one of the vital signs along with respiratory rate, heart rate, oxygen saturation, and body temperature<sup>3</sup>. Blood pressure that is low due to a disease state is called hypotension, and pressure that is consistently high is hypertension<sup>4</sup>. Both have many causes which can range from mild to severe<sup>5</sup>. Both may be of sudden onset or of long duration<sup>6</sup>. Long term hypertension is a risk factor for many diseases, including heart disease, stroke and kidney failure<sup>7</sup>. Long term hypertension often goes undetected because of infrequent monitoring and the absence of symptoms<sup>8</sup>. Blood pressure fluctuates from minute to minute and normally shows a circadian rhythm over a 24-hour period, with highest readings in the early morning and evenings and lowest readings at night<sup>9</sup>. Therefore this study promotes the awareness about the blood pressure which will be helpful in guiding people who are completely unaware or have partial knowledge about it<sup>10</sup>.

### METHOD

The study was conducted among the OP patients of saveetha dental college. A questionnaire was prepared comprising 10 questions regarding blood pressure and hypertension. The questionnaire was distributed to 100 patients and were requested to fill it up with due consciousness. 4 questions were general and the rest of them were regarding hypertension.

### Statistical Analysis

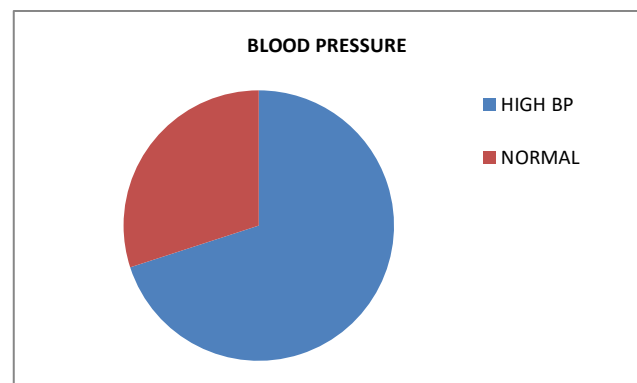


Figure 1

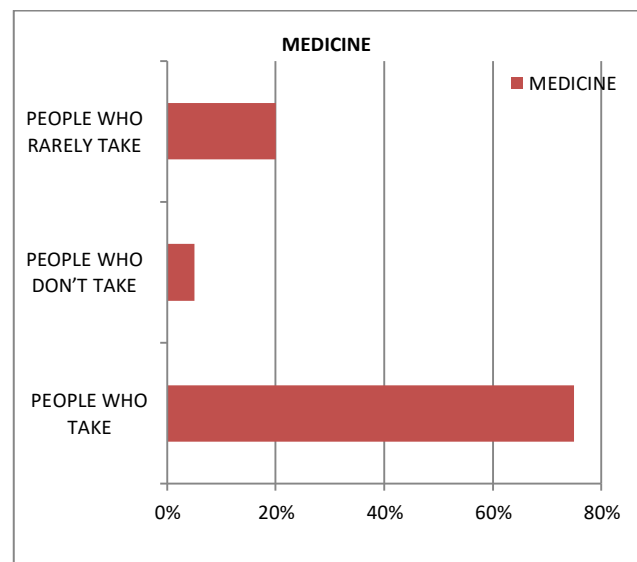


Figure 2



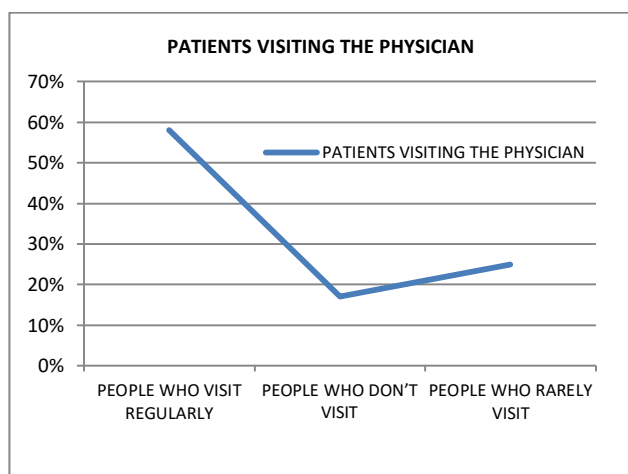


Figure 3

## DISCUSSION

As we know that blood pressure is the pressure exerted by the blood flow on the peripheral walls of the elastic arteries it plays a major role in maintaining the flow of blood to various organs and tissues of the body. Alterations in the pressure of the blood flow can ultimately lead to damage of tissues and organs. The first and the foremost organ to be damaged is the heart and sometimes stroke in the brain. The alteration in the pressure can be due to various factors such as diet, hereditary, lifestyle etc. In this study it is determined about the awareness about the blood pressure among the OP patients. It is found that majority of the people are mostly aware about the blood pressure and hypertension but are unsure what it is. It is also found that 70% of the people have hypertension and 30% have normal blood pressure which clearly indicates that people care less about blood pressure and should be provided with sufficient knowledge about hypertension. When the patients with hypertension were asked about their medication, 75% of the patients intake medication for hypertension regularly whereas 20% of them take rarely and 5 % don't take medicines. 54% of the patients visit physicians very often whereas 17% don't visit and 25% visit rarely.

## CONCLUSION

This study clearly proves that people should be educated about the hypertension, their causes, risk factors, and means to control it. People should maintain their diet with fruits and vegetables along with their lifestyle and

patients with hypertension should visit their physician regularly. The people are advised not to smoke and intoxicate their body with alcoholism and to avoid one of the major risk factor-stress.

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