

eProofreading (Light level)

Master of Pharmacy

Hypertension represents a major public health concern. It affects about a billion people worldwide and is the most common treatable risk factor for cardiovascular disease (CVD) in patients aged over 50. (Wolf-Maier et al., 2003) Hypertension refers to a condition when the sustained diastolic blood pressure (BP) is higher than 90mmHg or the systolic BP is higher than 140mmHg. The cause of essential hypertension is not known. It may be multifactorial and can be secondary to other conditions such as Conn's syndrome, hyperthyroidism, renal disease and pregnancy. Also hypertension can be caused by drugs like oral contraceptives, corticosteroids, NSAIDs, etc. (Rendall and Neil, 2004) Other contributory factors include overweight, excessive alcohol and salt intake and lack of exercise. (Williams et al., 2004)

The main goal of treatment is to reduce the systolic BP to less than 140mmHg and the diastolic BP to less than 85mmHg (80mmHg for diabetics). Ideally treatment can also help reduce cardiovascular damage, preserve renal function, prevent coronary artery disease and chronic heart failure, and reduce mortality due to stroke and myocardial infarction. (Rendall and Neil, 2004)

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