



• **Hypertension:** Also known as **high blood pressure, hypertension** is a [chronic medical condition](#) in which the systemic [blood pressure](#) is elevated. This means that the heart is working harder than normal to circulate blood around the body. Normal blood pressure is 120/80 mm/Hg and High blood pressure is usually anything above 140/90 mm/Hg. Uncontrolled hypertension is a major [risk factors](#) for [stroke](#), heart attack, congestive [heart failure](#) and arterial [aneurysm](#)s, and is a leading cause of [chronic kidney failure](#).

- . An even modest elevation of arterial blood pressure has been showed to shortened [life expectancy](#)
- . Low salt diet, lifestyle changes and medication can improve blood pressure control and decrease the risk of associated health complications. At our practice, we will create a personalized model of care to help patients reduce the risks associated with this disease.