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Are you screening for high blood pressure symptoms-Let us help to clear the myths of the disease by [NewYorkCardiacCenter](#)

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Do you have recurring episodes of headaches and lightheadedness? Do you hear a buzzing sound and have blurred vision from time to time? If yes then it is time to pay heed, as these may be high blood pressure symptoms. High blood pressure or hypertension is silent killer that claims millions of lives every year around the world. It has been estimated that almost 34% of the population in the United States suffer from the chronic medical condition of high blood pressure.

Since, rarely accompanied by symptoms, those with well-founded fears of this condition should consult a cardiologist and get a screening test done at the earliest. It is important to seek medical guidance from the cardiologist in order to tackle this medical condition.

In the section below, we have Dr. Reisman of The New York Cardiac Diagnostic center advise us on the various common misconceptions or myths about blood pressure.

Myth: The medical condition of hypertension cannot be controlled

Truth: This is a common myth among many people that hypertension cannot be controlled. However, this is not true as it is controllable. If a person has been diagnosed with high blood pressure symptoms then he/she should make certain lifestyle modifications. These modifications generally involve losing weight, routine exercise; quit smoking, eating a low fat and low salt diet. Along with these changes, an individual may need the prescribed medication, in order, to maintain the blood pressure at a figure below 140/90 mm Hg.

Myth: There is no need to take prescribed medication if one has hypertension but is feeling fit and fine

Truth: Do not be trapped in this misconception, advises Dr. Reisman, as it can be potentially dangerous. Not taking routine medications can even result in organ damage. Other serious repercussions may include heart attack and stroke. In various medical conditions such as diabetes, target blood pressure is even lower at 130/85 mm Hg.

Myth: In blood pressure measurement, reading the bottom or the diastolic number is more important.

Truth: Blood pressure reading is the combination of two numbers the upper reading or the systolic pressure and the lower reading or the diastolic pressure. Hypertension is an elevation in these numbers. Medical research has established that both readings are important. Therefore, it is imperative every patient focus on their blood pressure reading and keep the blood pressure under control.

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