

High blood pressure and HIV

High blood pressure (HBP) is the most common factor of cardiovascular risk and affects one in four people with HIV. The management, clinical implications, and treatment of high blood pressure in HIV-positive patients should be similar to that of the population at large.

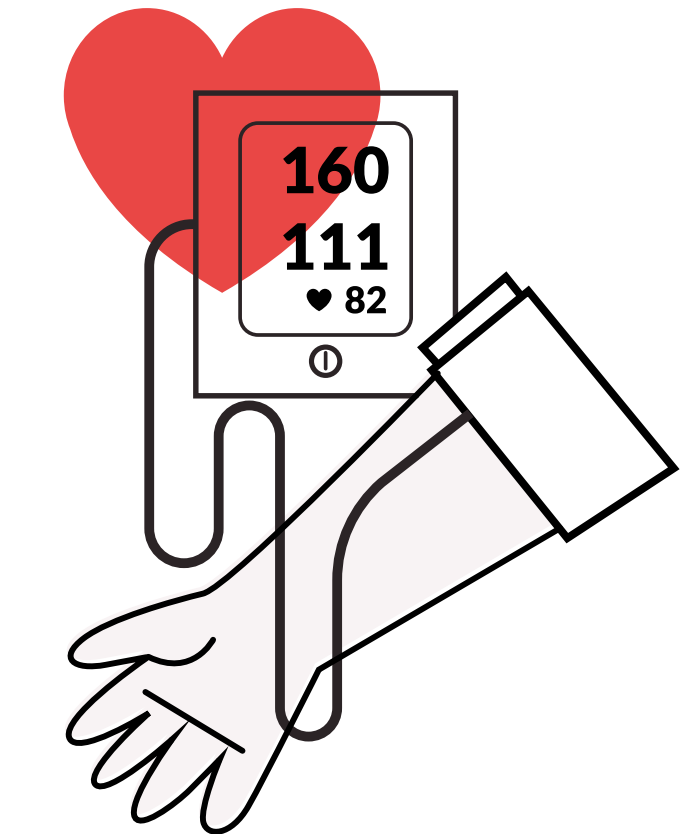
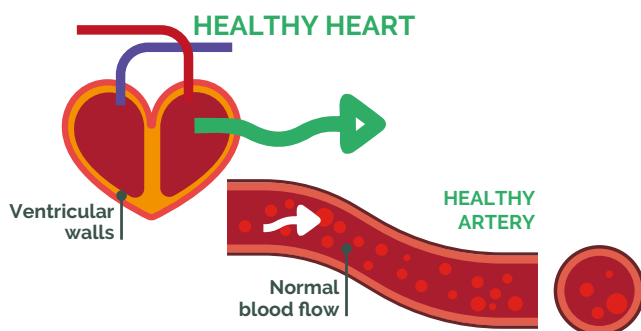
High blood pressure, or hypertension, is a temporary, intermittent, or permanent increase in blood pressure to levels above what is considered normal.

Arterial tension is the force that the blood exerts on the walls of the arteries when it is pumped by the heart. Hypertension occurs when the arteries are subject to continuously high pressure as they carry blood through the body from the heart. The higher the pressure, the greater the heart's effort to pump.

Normal blood pressure

Systolic 120 mmHg

Diastolic 80 mmHg



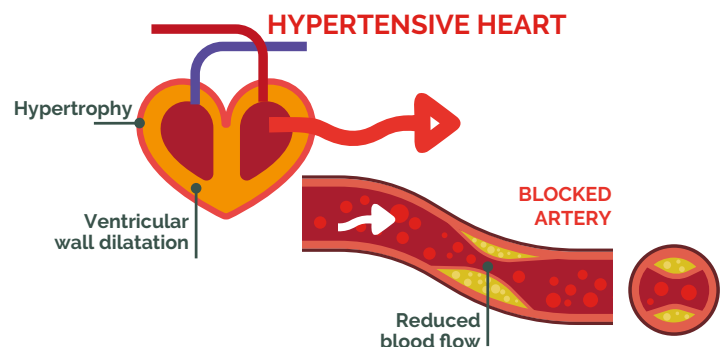
As we grow older, it is usual for blood pressure values to rise and for blood vessels to lose elasticity. This exposes older people to greater risk than younger people of complications associated with high blood pressure.

High blood pressure is a risk factor for cardiovascular problems. These occur particularly in the heart or brain but can also cause damage to the kidneys or eyes. It is therefore important to monitor blood pressure as part of HIV care.

Hypertension

Systolic: = 0 + 140 mmHg

Diastolic = 0 + 90 mmHg



High blood pressure and HIV

HIV, moreover, causes chronic inflammation that can accelerate damage to blood vessels. Some HIV drugs may also contribute to higher blood pressure, particularly in people who are prone to hypertension. This makes **blood pressure monitoring and control very important for people with HIV, especially as they get older.**

High blood pressure is said to be multifactorial because it is caused and influenced by many different factors. Inheritance, age, obesity, excessive salt intake, excessive alcohol consumption, smoking, long-term use of certain medicaments and a lack of physical exercise are some of the factors that cause hypertension.

Clinically, high blood pressure may present no symptoms or, on the contrary, may manifest in the form of severe headaches, facial congestion, nausea, vomiting and blurred vision. These symptoms usually occur with sudden increases in blood pressure.

In most cases, the problem is detected by measuring the patient's blood pressure during routine or regular medical check-ups. Once detected the specialist can start monitoring the patient's blood pressure.

Although some people with high blood pressure may experience headaches, facial congestion, nausea, vomiting and blurred vision, most people show no symptoms at all, which makes early detection and monitoring particularly important, so that action may be taken before any serious damage occurs to the body.

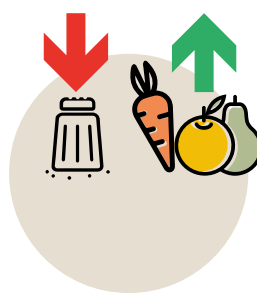
The best way of preventing high blood pressure is to follow daily routines that stop it from appearing. Leading a healthy life is essential:



Stop smoking.
Avoid alcohol consumption.



Exercise regularly.
If your blood pressure is very high, find out which exercises are most suitable for you.



Eat a balanced, heart-healthy diet that is low in salt and rich in fruit and vegetables.



Avoid stress and anxiety.

High blood pressure and HIV

People with HIV and high blood pressure will receive drug treatment to control their hypertension and to prevent major spikes. When choosing the treatment, your doctor will consider interactions with HIV drugs. A blood pressure monitoring plan will also be established to monitor improvement and the impact of treatment.

People with HIV who have high blood pressure should adopt healthy habits to reduce hypertension risk factors, to improve their health status and to prevent possible associated diseases.

Remember:

In many cases high blood pressure has no symptoms.

It is important to include measurement of blood pressure in your healthcare.

Adopting healthy habits can sometimes help to lower your blood pressure.

If you need to take medication to control high blood pressure, your doctor will check that there are no interactions with your HIV medications.

gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO



¿TIENES DUDAS
SOBRE EL TEMA?
PREGÚNTANOS
Tel. 93 458 26 41

Disclaimer

The information on this sheet is not intended to replace a doctor's advice. Health decisions should always be taken after consulting health professionals. Medical information can quickly become outdated.

If you have any questions after reading this sheet, you should talk to your doctor or nurse, or call gTt-VIH on 93 458 26 41 to find out whether there have been any significant new developments.

SUBVENCIONA



✓ POR SOLIDARIDAD
OTROS FINES DE INTERÉS SOCIAL

Generalitat de Catalunya

Salut / Agència de Salut Pública de Catalunya



Diputació de Barcelona

Àrea d'Igualtat i Sostenibilitat Social



Ajuntament de Barcelona

COLABORA



eSPiC
Equip de salut pública i comunitària

www.gtt-vih.org

SI TE HA PARECIDO ÚTIL Y INTERESANTE
EL CONTENIDO, COMPÁRTELO.