



# High Blood Pressure: Know the Causes, Signs, Symptoms and Treatment

*Sally Pederson*

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Have you ever wondered how our heart pumps blood so that this life giving fluid is available to even the far-reaching corners of our body? Indeed, it is a classic example of pressure wherein our heart is naturally designed to apply the principle in a manner that effectively ensures that no organ is deprived of blood. Commonly referred to as blood pressure, it is essentially the force with which blood travels to and from the heart via various pipelines known as arteries and veins. Nature's way of ensuring good health of any individual entails maintaining the blood pressure at a certain level that is ideally suited for performance of all bodily functions. But unfortunately this level cannot always be maintained since it is affected by a number of different factors and the outcome is its rise and fall, the former being high blood pressure and the latter being low blood pressure. Because both conditions are adverse for the well being of the individual, efforts must be made to keep them at bay and maintain normal blood pressure for as long as possible.

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