

# Current Problems In Hypertension

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**Annotation:** Hypertension, or high blood pressure, remains one of the most common and important problems of modern medicine. The disease affects millions of people around the world and is associated with a high risk of cardiovascular complications such as stroke, myocardial infarction, heart failure and chronic kidney disease. Despite the progress made in diagnosis and treatment, many aspects of hypertension continue to raise questions and need to be solved. Let's consider the main current problems associated with this disease.

**Key words:** Hypertension, disease, patients, illness, symptoms.

## 1. Lack of public awareness.

One of the main problems is the low awareness of the population about hypertension and its consequences. Many patients are not aware of their high blood pressure for a long time, which is due to the absence of pronounced symptoms in the early stages of the disease. Insufficient diagnosis leads to a late start of treatment and, as a consequence, the development of complications.

Solution:

- \* Regular preventive examinations.
- \* Educational campaigns aimed at raising awareness of the need to control blood pressure.

## 2. Non-compliance with treatment recommendations

The complexity of the treatment of hypertension lies not only in the choice of appropriate medications, but also in the adherence of patients to the prescribed treatment. Many patients do not follow the doctor's recommendations, interrupt treatment or do not change their lifestyle, which makes the treatment less effective.

Solution:

- \* Use of combined drugs to simplify the treatment regimen.
- \* Work with patients to increase their motivation to keep appointments.
- \* Adoption of digital technologies such as mobile blood pressure monitoring applications.

## 3. Associated diseases and risk factors

Hypertension is often accompanied by other diseases such as diabetes mellitus, obesity, dyslipidemia and chronic kidney disease. These conditions increase the risk of complications and make it more difficult to choose an appropriate treatment.

Solution:

- \* An individualized treatment approach taking into account comorbidities.
- \* Support multidisciplinary teams including cardiologists, endocrinologists and nutritionists.

## 4. Resistant hypertension

Resistant hypertension, in which it is not possible to reach the target blood pressure level with three or more drugs, including a diuretic, remains a complex problem.

Solution:

- \* Research on the causes of resistance, such as secondary forms of hypertension.
- \* The use of new treatments, including invasive techniques such as renal denervation.

### 5. Impact of socio-economic factors

Access to quality care and medicines varies by region and income level. In low-income countries, the control of hypertension often remains extremely low.

Solution:

- \* Development of drug subsidy programs for disadvantaged groups.
- \* Implementation of national programs for the prevention and treatment of hypertension.

### 6. Problems of diagnosis and standardization

There is a lack of uniform approaches to measuring blood pressure, which can lead to an underestimation or overestimation of hypertension. In addition, many patients are faced with the phenomenon of the "white coat" or masked hypertension, which makes diagnosis difficult.

Solution:

- \* Widespread adoption of ambulatory blood pressure monitoring (ADMS) and home monitoring.
- \* Establish clear standards for diagnosis and treatment at the international level.

### 7. The need to innovate in the treatment

Despite the existence of a large number of antihypertensive drugs, the problem of their effectiveness and safety remains relevant. Some patients suffer from side effects or a lack of effectiveness of standard treatment regimens.

Solution:

- \* Invest in the development of new classes of drugs.
- \* Research on Personalized Medicine based on Genetic analysis.

### **Imprisonment:**

Hypertension remains a global medical and social problem. To effectively combat the disease, an integrated approach must be adopted that includes early diagnosis, increased adherence to treatment, the development of new technologies and the fight against socioeconomic inequalities. Only by combining the efforts of the medical community, the state and society can we reduce the burden of hypertension and improve the quality of life for millions of people.

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