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Essential hypertension (E) is a raised blood pressure with no identifiable cause and is a leading cause of morbidity and mortality. It is a chronic condition that is often asymptomatic until complications arise. The prevalence of hypertension is increasing worldwide, with approximately 1 billion people affected. The pathogenesis is complex, involving genetic, environmental, and lifestyle factors. The condition is diagnosed based on repeated blood pressure readings over a period of time. Treatment typically involves lifestyle modifications and antihypertensive medications. The goal of treatment is to reduce the risk of cardiovascular complications.

The main differential diagnosis for hypertension includes secondary hypertension, which can be caused by various conditions such as kidney disease, sleep apnea, and hormonal disorders. A thorough medical history and physical examination are essential for identifying potential causes. Laboratory tests, including renal function tests and hormonal assays, may be performed. Management focuses on controlling blood pressure to prevent organ damage and complications.

Regarding the treatment of hypertension, several strategies are recommended. These include maintaining a healthy diet, regular exercise, and weight management. Medications such as diuretics, beta-blockers, and ACE inhibitors are commonly used. Regular monitoring of blood pressure is crucial for assessing treatment effectiveness and adjusting therapy as needed.

Differential diagnosis of essential hypertension (E) includes conditions such as renal hypertension, endocrine disorders, and medication-induced hypertension. A comprehensive evaluation, including a review of medications and a physical examination, is necessary to rule out secondary causes. Treatment should be tailored to the individual patient, considering their overall health and risk factors.