

43 per cent youngsters are unaware of the normal range of blood pressure

City doctors say ignorance, key cause for increase in youngsters with hypertension

By A Staff Reporter

On World Hypertension Day, an online survey conducted on youngsters between the age group of 20 to 30 years of age shows that almost 43 per cent are not aware of the normal range of blood pressure. Over the last few years, an increase among the number of youngsters with Hypertension and related ailments have been noticed. Despite which youngsters seem to be ignorant about their health, the survey noticed 30 per cent with Blood Pressure amongst people in the age group of 30 to 60.

The World Health Organisation (WHO) rates Hypertension as one of the most important causes of premature death worldwide. As per an analysis of 2005, worldwide data for the global burden of Hypertension saw 20.6 per cent of Indian men and 20.9 per cent of Indian women with hypertension. According to the WHO 2008 estimates, the prevalence of raised BP in Indians was 32.5 per cent (33.2 per cent in men and 31.7 per cent in women). As per the online survey conducted, 218 in the

20 to 30 years age group, from among the 500 surveyors are unaware that the normal range of BP is 90 to 140.

"Youngsters tend to ignore their health and focus on a career oriented lifestyle. Unlike earlier, a notable increase among youngsters with hypertension has been noticed. With high pressure jobs in the banking, IT and media industry, youngsters have developed an irregular sleeping pattern, untimely consumption of food and increase in junk and packaged food items, lack of exercise and sleep are leading to a very stressful lifestyle. This modernisation has led to youngsters neglecting their health and developing cardiac complications at a young age. In the last 15 years, approximately 10 to 15 per cent rise among those with hypertension in the 25 to 40 age group have been noticed," said Dr. Amol Pawar, internal medicine and Cardio diabetes expert, Zen Multi Speciality Hospital, Chembur.

The online survey conducted among 500 people show that 194 are having Blood Pressure; among these

24 are in the 20 to 30 age group and 150 in the range of 30 to 50. There are hardly 23 from among these who go for BP check-ups every month. The normal range of Blood Pressure is 90 to 140 and only 217 from 500 are aware of these figures.

Dr. Pradeep Gadge, a leading Diabetologist, Gadge Diabetes Centre, said, "Ideally, everyone should go for a BP check-up every 3 months and those severely suffering from Hypertension must

conduct a check-up once in a week. The changing lifestyle and negligence among youngsters towards health have accustomed to have led to a rise of youngsters with Hypertension. A steady rise in the consumption of fast food or high consumption of salt is one of the major causes. All types of packaged food contain sodium which invariably leads to an increase in the sodium intake. This along with the changing lifestyle

patterns has led to youngsters facing cardiac issues that rise from Hypertension."

Dr. Pratik Soni, Cardiologist, Wockhardt Hospital, Mumbai Central says, "In today's developing countries, one in five people are hypertensive due to lifestyle, target stress, pollution, work culture and food habits. As per Indian data, we are expecting one in two by 2025. Everyone should follow some kind of discipline to live a healthy life."

Most of the people suffering from Hypertension are unaware that they have High

blood pressure. A recent survey conducted by the Cardiology Society of India (CSI) reveals that 25 per cent of the people aged between 31-45, suffer from undetected Hypertension. There is a lack of awareness of Cardiovascular diseases in the youth and hence it goes undetected. We need to drastically change our lifestyle and food habits. There should be a form of physical exercise done everyday. A healthy lifestyle leads to a healthy heart," says Dr. Sushant Patil, Consulting Cardiologist, Nanavati Super Speciality Hospital.