

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

BP, CHOLESTEROL & HEART

Secondary Hypertension

Secondary hypertension (secondary high blood pressure) is high blood pressure that's caused by another medical condition. Secondary hypertension can be caused by conditions that affect your kidneys, arteries, heart or endocrine system. Secondary hypertension can also occur during pregnancy.

Secondary hypertension differs from the usual type of high blood pressure (primary hypertension or essential hypertension), which is often referred to simply as high blood pressure. Primary hypertension has no clear cause and is thought to be linked to genetics, poor diet, lack of exercise and obesity.

Proper treatment of secondary hypertension can often control both the underlying condition and the high blood pressure, which reduces the risk of serious complications — including heart disease, kidney failure and stroke.

Symptoms

Like primary hypertension, secondary hypertension usually has no specific

signs or symptoms, even if your blood pressure has reached dangerously high levels.

If you've been diagnosed with high blood pressure, having any of these signs may mean your condition is secondary hypertension:

- High blood pressure that doesn't respond to blood pressure medications (resistant hypertension)
- Very high blood pressure — systolic blood pressure over 180 millimeters of mercury (mm Hg) or diastolic blood pressure over 120 mm Hg
- A blood pressure medication or medications that previously controlled your blood pressure no longer work
- Sudden-onset high blood pressure before age 30 or after age 55
- No family history of high blood pressure
- No obesity

HEART HEALTHY

Romano Baked Tomatoes

- 2 medium halved tomatoes
- 2 TBS grated low-fat Romano Cheese
- 1 tsp Italian seasoning
- ¼ tsp. pepper
- ¼ tsp. garlic powder
- 1 TBS. Extra virgin olive oil

Preheat oven to 400°. Place tomatoes cut side up on baking sheet. Top with cheese, seasonings, pepper and garlic powder. Drizzle oil equally over the tops and bake for 20 minutes until cheese is lightly browned. [Nutrition Information](#) Per serving: 571, 4.5g fat, 2mg chol, 4g carbs, 1g protein

SERVINGS: 4



When to see a doctor

If you have a condition that can cause secondary hypertension, you may need your blood pressure checked more frequently. Ask your doctor how often to have your blood pressure checked.

Causes

A number of conditions can cause secondary hypertension. Some of the more common ones include:

- **Diabetes complications (diabetic nephropathy).**
- **Polycystic kidney disease**
- **Renovascular hypertension.**
- **Cushing syndrome.**
- **Thyroid problems.**
- **Hyperparathyroidism**
- **Coarctation of the aorta.**
- **Sleep apnea.**
- **Obesity.**
- **Pregnancy.**
- **Medications and supplements.**

Risk factors

The greatest risk factor for having secondary hypertension is having a medical condition that can cause high blood pressure, such as kidney, artery, heart or endocrine system problems.

Complications

Secondary hypertension can worsen the underlying medical

condition you have that's causing your high blood pressure. If you don't receive treatment, secondary hypertension can also be associated with other medical conditions, such as:

- **Damage to your arteries.** This can result in hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications.
- **Aneurysm.** Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm. If an aneurysm ruptures, it can be life-threatening.
- **Heart failure.** To pump blood against the higher pressure in your vessels, your heart muscle thickens. Eventually, the thickened muscle may have a hard time pumping enough blood to meet your body's needs, which can lead to heart failure.
- **Weakened and narrowed blood vessels in your kidneys.** This can prevent these organs from functioning normally.
- **Thickened, narrowed or torn blood vessels in the eyes.** This can result in vision loss.

- **Metabolic syndrome.** This syndrome is a cluster of disorders of your body's metabolism — including increased waist circumference, high triglycerides, low high-density lipoprotein (HDL) cholesterol (the "good" cholesterol), high blood pressure and high insulin levels.

If you have high blood pressure, you're more likely to have other components of metabolic syndrome. The more components you have, the greater your risk of developing diabetes, heart disease or stroke.

- **Trouble with memory or understanding.** Uncontrolled high blood pressure also may affect your ability to think, remember and learn. Trouble with memory or understanding concepts is more common in people who have high blood pressure.

