



# Intense Impacts of Encompassing Particulate Matter on Blood Weight in Office Labourers

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## DESCRIPTION

Blood pressure is a vital physiological measurement that indicates the force exerted by the blood against the walls of the arteries. It is typically expressed as two numbers: Systolic pressure over diastolic pressure. Blood pressure levels can vary among individuals and may change throughout the day based on various factors. In this article, we will explore the different stages of blood pressure, ranging from normal to hypertension, providing an in-depth understanding of each stage and its implications for cardiovascular health. Normal blood pressure refers to the optimal range where the cardiovascular system functions efficiently without putting excessive strain on the arteries. The American Heart Association (AHA) defines normal blood pressure as a systolic reading below 120 mmHg and a diastolic reading below 80 mmHg. Individuals with normal blood pressure have a lower risk of cardiovascular diseases and related complications. Elevated blood pressure is a new category introduced by the AHA to identify individuals at increased risk of developing hypertension. It is defined as a systolic reading between 120 mmHg-129 mmHg and a diastolic reading below 80 mmHg. Individuals with elevated blood pressure are advised to adopt lifestyle modifications to prevent the progression to hypertension. Stage 1 hypertension indicates a mild form of high blood pressure. It is characterized by a systolic reading between 130 mmHg-139 mmHg or a diastolic reading between 80 mmHg-89 mmHg. At this stage, lifestyle modifications and interventions may be recommended to prevent further increases in blood pressure and reduce the risk of complications. Stage 2 hypertension represents a more severe form of high blood pressure. It is defined as a systolic reading of 140 mmHg or higher, or a diastolic reading of 90 mmHg or higher. At this stage, medical intervention, in addition to lifestyle modifications, is often necessary to manage blood pressure effectively and mitigate the risk of cardiovascular diseases. A hypertensive crisis is a severe and potentially life-threatening condition characterized by a

sudden and significant increase in blood pressure. It is further divided into two categories: Hypertensive urgency and hypertensive emergency. In hypertensive urgency, blood pressure readings are markedly elevated, but there are no immediate signs of organ damage. Urgent medical attention is required to gradually lower blood pressure over the course of a few hours or days. Hypertensive emergency is a critical condition in which extremely high blood pressure is accompanied by acute organ damage. It requires immediate medical intervention in a hospital setting to rapidly lower blood pressure and prevent or minimize organ damage. White coat hypertension refers to elevated blood pressure readings that occur in a medical setting due to anxiety or stress, while blood pressure readings at home remain within the normal range. Masked hypertension, on the other hand, refers to normal blood pressure readings in a medical setting, but elevated blood pressure readings at home or in other non-medical settings. Both conditions may warrant further evaluation and monitoring to determine the true blood pressure status and appropriate management. Understanding the stages of blood pressure is crucial for maintaining cardiovascular health. From normal blood pressure to hypertension and hypertensive crisis, each stage represents a different level of risk and requires specific management approaches. Regular blood pressure monitoring, lifestyle modifications, and appropriate medical interventions can help individuals maintain optimal blood pressure levels and reduce the risk of cardiovascular diseases. By being aware of blood pressure stages, individuals can take proactive steps towards prevention, early intervention, and better long-term health outcomes.

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## CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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