

Evaluation of Target Organ Damage from Hypertension

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Abstract

Hypertension is not just a leading and treatable cause of cardiovascular morbidity & mortality, but also a major causative factor behind cerebrovascular, renal, retinal and peripheral vascular diseases. Cardiac failure and End Stage Renal Disease are the two major cause of death from hypertension. Complications of hypertension are usually associated with other risk factors which can exacerbate the end organ damage from hypertension. Effective, timely and aggressive treatment of hypertension can prevent or reverse these end organ damages and prevent significant morbidity and mortality in hypertensive patients. This review briefly outlines evaluation of target organ damage from hypertension & its associated risk factors.

Key Words: Hypertension, target organ damage, cardiac failure, end stage renal disease, hypertensive nephropathy, hypertensive heart disease, hypertensive retinopathy

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