

## Editor's Desk



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Hypertension continues to remain a major epidemiological challenge. Almost 1 in 3 Adults in India is affected by Hypertension with Urban and Rural rise by 12-folds and 7-folds respectively in the last decade.

May 17 is world Hypertension day. It is a reminder Bell for the healthcare workers to focus on hypertension awareness, screening, and management. *This year's theme is Measure Your Blood Pressure Accurately, Control It, Live Longer*. Accurate measurement is the key and the first step in the management of Hypertension. –

### ***burden of hypertension in india***

hypertension (ht), the third most common cause of death and disability affecting approximately 20 crore people.urban men (37.4 %) and women (30.2%) have a much higher propensity for ht than rural men (26%) and women (25.4 %)

- of these, 25% rural and 42% urban indians are aware of their htn status. even those people who are aware less than 1/3 of people are taking treatment partially or fully. among those who take treatment, only 1/3 of people are under control.
- according to study 10.4% of the total hypertensive group only had blood pressure under control.

hypertension among young people is common, affecting 1 in 8 adults aged between 20 and 40 years.

### ***Economic Burden of Hypertension***

the annual income loss from non – communicable disease in india was rs. 251 billion.

- Hypertension alone has contributed rs. 43 billion
- It is a leading cause of hospitalization and outpatient visits
- It is leading cause of absenteeism at work place
  - On this hypertension day every practitioner should take a pledge that they would contribute their part and take active interest in spreading the knowledge about hypertension,help in prevention and control of the hypertension. This would help in reducing the economic and health burden of the country and the globe.
  - The crude prevalence of diabetes mellitus (DM) and hypertension (HTN) has been reported to be 7.5% and 25.3%, respectively.



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- According to the Global Burden of Diseases Study 2016, diabetes and HTN accounted for 3.1% and 16.7% of total deaths in India, respectively.
- Moreover, diabetes accounted for 10 million disability-adjusted life years (DALYs) while HTN accounted for 39.4 million DALYs in the same year.

Also, HTN accounts for 57% of all stroke mortality and 24% of all coronary artery disease mortality in the country and is the most important risk factor for cardiovascular morbidity.

The professional bodies must make some protocols to start more hypertension speciality clinics in India to tackle this HYPERTENSION a silent killer and its complications. Every practitioner should have validated BP monitor with three different of cuff sizes in the clinic. Every practitioner should maintain a record of their patients and follow up properly .They should implement simplified protocols with the help of experts or associations. They should also spend time in advising about the control and lifestyle modifications. They should promote home blood pressure monitoring and regular follow up should be done with the help of WhatsApp or some digital apps.

**LET US ALL TOGETHER PUT OUR EFFORTS TO HAVE  
HYPERTENSION FREE INDIA AND GLOBE**

***Best wishes***

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