

High blood pressure, arthritis is more common in people living on high

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It also shows that nearly 20 percent of adults between 40-55 years old have a blood pressure of about 140-159, which is a sign of hypertension.

The survey is the result of a free health examination.

According to the World Health Organization (WHO), high blood pressure, also known as hypertension, is a condition in which blood vessels are constantly putting pressure.

Blood is carried from the heart to other parts of the body through blood vessels. Every time the heart beats, it pumps blood into the blood vessels. Blood pressure is created by the force of blood pushing against the walls of blood vessels (arteries) when it is pumped by the heart. The higher the pressure, the harder it is to pump.



In the latest medical examination, there are 40% of older people, over 60 years old, have many problems related to joints, such as arthritis or osteoarthritis.

Doctors say India can become the world's osteoarthritis capital with more than 60 million cases by 2025.

The survey also added: *"The factors are found in both age groups, according to doctors also related to the problem of physical activity in high-rise buildings ."*

This new free health examination is organized by Polo Foundation, a non-governmental organization in India, operating in the field of health, education, information technology and solar energy in Noida.

The doctors who participated in this test mainly came from India's prestigious Medical Science Academy. More than 100 people, mostly adults and elderly people attended.

According to the survey, many people complain of high blood pressure and other lifestyle-related problems.

This survey supported a similar discovery nearly 26 years ago by Japanese expert Fumio Osaka of Tokai University Medical School. He said that women in their 50s living on the top floors of high-rise apartments have a higher risk of having high blood pressure than those who live downstairs.

People living on the upper floors tend to be stressed by confinement in closed, elevated spaces, they often go out and exercise, according to the results of Fumio Osaka.

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