

More than 50% of doctors have high blood pressure due to work pressure

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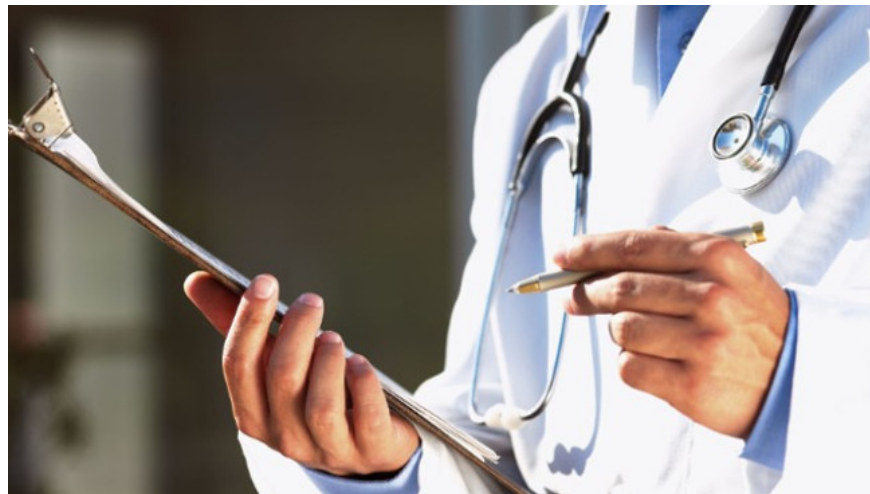
Although there are many reasons for high blood pressure, stress is the most common cause in doctors.

Before that, we know that doctors are the people who do all the jobs, even the smallest ones related to health, surgery, treating people, and actually it is one of the stressful jobs. most in the world.

Not surprisingly, a recent study showed that more than 50% of hypertensive doctors have no control or high blood pressure (BP) despite taking antihypertensive drugs.

Reason? Is it because of high stress?

High blood pressure is one of the most common diseases today with one in three Indian adults.



However, it is often misdiagnosed because of differences in blood pressure when measured at home and in the clinical setting.

The findings show that 56% of doctors have sudden high blood pressure at night and 21% due to latent hypertension - a condition that is difficult to determine the specific cause and factor.

Research shows that potential hypertension is also associated with a long-term risk of hypertension as well as other types of cardiovascular disease.

While 21% of investigated doctors have a history of hypertension, 56% of other doctors also suffer from abnormal high blood pressure at night, making them more susceptible to future heart complications. . Indian Medical Association (IMA) Presidet KK Aggarwal said.

To get this study, scientists used 200,000 blood pressure monitoring results of about 533 doctors.

This study aims to raise awareness of the benefits of monitoring patients' blood pressure continuously over a 24-hour period as well as regularly monitoring the blood pressure of doctors in the hospital environment, thereby increasing the likelihood. ability to diagnose hypertension timely and accurately and effectively.

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