Warning: Three more genes appear to cause hypertension

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Accordingly, this is the latest discovery by a research team from Queen Mary University of London and Cambridge University after conducting a survey, analyzing online medical and genetic data of more than 347,000 Britons, Denmark, Sweden, Norway, Finland, Estonia, America, Pakistan and Bangladesh and discovered up to 31 new gene regions that are closely related to cardiovascular disease, stroke, which are initially 3 genes brand new has just been discovered.

Many experts judged that, until now, scientists have just discovered these three genes because it appears hidden and heterogeneous, only when conducting a large-scale survey can detect these three groups of genes.

Specifically, these three genes are in turn named **RBM47** , which is able to encode proteins, alter genetic RNA in the body, followed by **RRAS** genes, which are linked to abnormal heart disease called Nooman syndrome and finally the **COL21A1** gene can affect the tissues in the heart and aorta. In short, all three RBM47, RRAS, COL21A1 genes have the ability to intervene, causing vascular disorders, as a premise and an important cause of hypertension in the body.

Thus, with the occurrence of the three new hypertensive genes, the current number of genes causing hypertension has reached nearly 100 genes.

According to Wikipedia, **high blood pressure** (also called hypertension or hypertension, from the word Hypertension in French) is a chronic disease in which blood pressure is measured in arteries. Blood pressure is usually measured by two indicators: systolic blood pressure (systolic) and diastolic blood pressure (diastolic), based on two stages of contraction and relaxation of the heart muscle, corresponding to the highest pressure and pressure. Lowest force of blood flow in arteries. There are many different norms of normal blood pressure. Blood pressure at rest is usually in the range of 100-140mmHg systolic blood pressure and 60-90mmHg diastolic blood pressure. Patients with high blood pressure when measuring a patient's blood pressure often see higher or equal to 140/90 mmHg.

Hypertension causes a lot of pressure on the heart, potentially leading to hypertensive heart disease, coronary artery disease. Hypertension is also a major risk factor in: stroke, heart failure, aneurysm, chronic kidney disease, and peripheral arterial disease. Diets and lifestyle changes can improve blood pressure and reduce the risk of complications, although it may still require medication therapy in cases where lifestyle changes are not available. effect or not reduce the target blood pressure.

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