Website address:
https://www.gesundheitsindustrie-bw.de/en/article/press-release/silent-killer-early-detection-and-targeted-treatment-high-blood-pressure

Stiller Killer: Bluthochdruck früh erkennen und gezielt behandeln

High blood pressure is one of the most common causes of heart attacks, strokes, kidney damage, and vascular diseases. Many people affected experience no symptoms for a long time. This is precisely why it is important to check your blood pressure regularly. To mark World Hypertension Day on May 17, the Medical Center – University of Freiburg is providing information on warning signs, diagnosis, and treatment options. At the Bad Krozingen campus, the Department of Cardiology and Angiology offers specialized care at the certified Hypertension Center. There, patients whose blood pressure is difficult to control or who are suspected of having a specific underlying cause are treated.

"High blood pressure is highly treatable if it is detected early and managed individually," says Dr. Elias Noory, Director of the Hypertension Center at the Department of Cardiology and Angiology at the Medical Center – University of Freiburg. "A specialized evaluation is particularly important if blood pressure remains persistently elevated despite medication."

When high blood pressure becomes dangerous

In high blood pressure, the blood exerts excessive pressure against the vessel walls over time. This puts strain on the heart, brain, kidneys, and blood vessels. Since high blood pressure often develops without noticeable symptoms, it is crucial to know your own blood pressure readings and monitor them regularly.

Symptoms such as dizziness, shortness of breath, headaches, or restlessness often do not appear until blood pressure reaches very high levels. Many people therefore notice elevated readings too late. Regular measurements at home or at the doctor's office help detect high blood pressure early and prevent long-term damage.

Since 2022, the Hypertension Clinic at the Department of Cardiology and Angiology at the Medical Center – University of Freiburg, led by Dr. Noory, has been certified as a Hypertension Center, making it one of only two certified centers in South Baden. The certification confirms structured diagnostics, experience with complex cases, and treatment in accordance with current professional standards.

At the Hypertension Center, physicians determine whether kidney disease, hormonal imbalances, vascular issues, or other factors are causing the high blood pressure. They adjust medication and take into account comorbidities such as diabetes, heart failure, or kidney disease. If blood pressure remains persistently elevated despite multiple medications, a procedure known as renal denervation may be considered. In this procedure, physicians guide a thin catheter up to the renal arteries. There, they selectively deactivate nerve fibers involved in raising blood pressure. This lowers blood pressure.

Lifestyle as Part of Treatment

Lifestyle remains a central part of treatment. Regular exercise, reducing salt intake, maintaining a healthy body weight, avoiding nicotine, and drinking alcohol in moderation can lower blood pressure. Good sleep and reducing chronic stress also help many patients. "Many patients can improve their readings simply by making small, lasting changes," says Noory. "The key is that the measures fit into daily life and are regularly monitored."

Press release

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Source: University Hospital Freiburg

Further information

- University Hospital Freiburg