Risk of Hypertension During Development in Information Technology:
An Explanatory Essay on Understanding of Increasing Hypertension With Growing Time

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Shagufta Naz
Lahore College for Women University, Pakistan

Wajeeha Salamat
Lahore College for Women University, Pakistan

Saima Sharif
Lahore College for Women University, Pakistan

INTRODUCTION

Internet based technology has a great attraction in people lives. Now the people solve majority of their issues in no time. They can transfer money, purchase grocery or order any medicine by using information technology. The lives of people are no longer so tough regarding the facilities. But unfortunately, people cannot purchase health. In this modern era, people have to take care of their blood pressure level. The force which is exerted by blood against the wall of blood arteries is called blood pressure. (Yatabe et al., 2020). The blood arteries are major blood vessel in body. Hypertension (HTN) is the disease that occurs when blood pressure is too high in the body. (Stassen et al., 2018). In the light of national high blood pressure education program, hypertension measurement will be from two or more readings of systolic or diastolic blood pressure as taken by sphygmomanometer. The reading is measured above 95th percentile for gender, height and age on three different times of the day as hypertension cannot be measured by a single reading. High mortality due to hypertension is due to its silently killing of patients. (Nasarudin et al., 2016).

Hypertension is the world's largest cause of death. (Ravinder., 2015). There is a great need of telemedicine intervention (Hoffer et al 2021). Children are much fascinated in using information technology, no doubt it can take revolution in their mind level but their health condition should also be monitored. (Baracco et al., 2020;Gupta et al., 2018). Hypertension (HTN) is also known as "silent killer" as it remain undiagnosed for a long time. People also give no attention to monitor it, when it is developing. Due to lack of symptoms it is estimated that there will be one quarter of people with hypertension in 2050. (Kearney et al., 2015). It affects nervous system, blood vessels and circulatory system. (Stassaen et al., 2018).

Hypertension has two types as primary and secondary hypertension. Primary or essential hypertension remains unknown in people and its risk is 95% in adults. In near future its rate will be alarming. The secondary hypertension is due to some cause that can be investigated like renal cause. It is more common in children as compared to adults. (Baracco et al., 2020;Gupta et al., 2018). Hypertension is not negligible in rural areas as their life style is also not ideal. The people living in rural areas also face

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many tensions like stress of larger family size, sedentary lifestyle of females (housewives) in development of hypertension. (Fawwad et al*,* 2019).

Large numbers of factors are responsible for high prevalence as obesity, old age, insulin resistance, increased extracellular volume, diabetic nephropathy and increased arterial stiffness each of these levels can be raised in near future. (Geisset al., 2002). Light significant factors that affect hypertension are person age, gender, family history and presence of diabetes. High significant factors are lifestyle including no time to take exercise, lifestyles, diabetes and dyslipidemia. (Basit et al., 2017). It is reported that progression of diabetic nephropathy largely depend on presence of hypertension but at the same time it is debated the presence of high blood pressure has pathogenic role in Type 1 nephropathy. (Abougalambouet al., 2013). About 20-80% of diabetic patient suffers from hypertension. Hence, diabetic becomes more susceptible to hypertension than the gender or age, hence accompanied by increased total sodium level in body. (Maahs et al., 2005). In insulin dependent patient it is not present during diagnosis of diabetes but for non insulin dependent person, hypertension mostly diagnosed during diagnosis of diabetes. (Ohwovorioleet al., 2019).

Stress, particularly occupational stress has garnered growing attention among school teachers as a risk factor for hypertension (HTN). Administrative worries, professional progress, student motivation, job overload owing to high class sizes, extensive verbal communication, and extended standing are all stressful occupational tasks. (Ravinder., 2015). In 2000, there were only 1 billion people with hypertension but due to high prevalence it can be increased to 1.56 billion till 2050. The worldwide prevalence is 40.8% while control rate is 32.3%. In low income countries its prevalence is more than developed countries. (Lim et al., 2010).

Although there is large incidence of hypertension but unfortunately no data is reported in overall prevalence in developing countries (Mittal et al., 2010). The reason for lack of data is economic burden in undeveloped countries, their political and social issues. Other reason is that Asian people consume diet rich in salt, high fat consumption, avoidance of food and vegetables, which are major factors for hypertension. The magnitude of prevalence cannot be described in a single survey as large number of people is in hypertension but it is not diagnosed in them. (Shah et al., 2014). Hypertension do not directly depend on age or gender. For urban males, there is negative correlation between diabetes and hypertension, while positive for urban females, rural males and rural females. (Tuomilehto et al., 2001). As compared to other provinces of a country, the province which has more facilities by providing technology has highest prevalence which may be due to sedentary life style and more development (Radhika et al., 2007). Immigrant and traumatized people are at a greater risk for hypertension. (Kinzie et al., 2008).

With the passage of time people will have best things in their lives as compared to past but at the same time they have a lot of stress of losing these things as moving away from nature and purity of things. So, to cope with best things we have to resolve all the problems and tension that may lead to several other diseases like of hypertension. In order to make smooth flow of information technology, further trials are required regarding managing the data and fulfillment of proper rules for controlling information technology based hypertension. Factors associated with its control are not under consideration of people. Clinic and hospital staff should give proper management guidance to patients. The prevalence of poor hypertension control among diabetic patients is dangerous. The aim of present report is to demonstrate hypertension risk in both developed and undeveloped countries in the era of information technology. The main focus is also to attract attention of people and government for prevention of this risky disease hence, people can be prevented from its huge prevalence in future. By seeking attention its risk will be minimized all over the world as people will also give time to their health management system.