

Preface

Hypertension, also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure usually does not cause symptoms itself. It is, however, a major risk factor for stroke, coronary artery disease, heart failure, atrial fibrillation, peripheral arterial disease, vision loss, and dementia. Hypertension is a major cause of premature death worldwide. Much of the disease burden of high blood pressure is experienced by people who are not labeled as hypertensive.

Consequently, population strategies are required to reduce the consequences of high blood pressure and reduce the need for antihypertensive medications. Lifestyle changes are recommended to lower blood pressure.¹

In the present book, ten typical literatures about Hypertension prevention and treatment research published on international authoritative journals were selected to introduce the worldwide newest progress, which contains reviews or original researches on Hypertension prevention and treatment research. We hope this book can demonstrate advances in Hypertension prevention and treatment research as well as give references to the researchers, students and other related people.

The Editorial Board of Academic Archives
Scientific Research Publishing
June 3rd,2025

¹ <https://en.wikipedia.org/wiki/Hypertension#Prevention>