Hypertension

April 2010

This pathfinder is intended to facilitate study and research on hypertension with a focus on the Caribbean and Latin American region. Impacts on diabetic patients and pregnant women as well as guidelines on management and compliance are among the highlights.

Hypertension or high blood pressure in the arteries usually has no symptoms, but can cause serious problems such as stroke, heart failure, heart attack and kidney failure. For a definition of hypertension, its causes, symptoms, treatment and other essential facts, view:

- Medline Plus – Hypertension – Medical Encyclopedia

Internet Resources at a Glance

- Mayo Clinic
  Offers access to the experience and knowledge of more than 3,300 physicians, scientists and researchers.

- MedicineNet.com
  An online, healthcare media publishing company providing easy-to-read, in-depth, authoritative medical information via an interactive web site.

- Virtual Health Library (VHL)
  A model of information and knowledge management for improving the life conditions of the American people.

- WebMD
  Seeks to provide original and timely health information and material from well known content providers.

Selections from the University of the West Indies (UWI) Library Catalogue

Books

- *The atlas of heart disease and stroke* / Judith McKay and George A. Mensah with Shanti Mendis and Kurt Greenlund, 2004

  Library Call Number: WG 210 M153a 2004
• Blood pressure and social class in Jamaican community, 1988
  Library Call Number: WG 106 DJ2 B655 1988
• Hypertension manual for the Caribbean/ K. Itiaba and Juliana Mondesir-Itiaba, 1994
  Library Call Number: WG 340 I89h 1994
• Hypertension: the commonest chronic disease and leading contributor to deaths in the Caribbean/
  prepared by Manueita Zepherin et al., 1989
  Library Call Number: RC685 .H8 H96 1989
• Management of hypertension in the Caribbean: the Jamaican perspective/ Gerald A. C. Grell
  Library Call Number: WG 340 DJ2 G825m
• Pressure: living with high blood pressure/ K. Itiaba and J. Mondesir-Itiaba, 1994
  Library Call Number: WG 340 I89p 1994
• Social factors mediating social class differences in blood pressure in a Jamaican community, 1992
  Library Call Number: WG 106 DJ2 S678 1992

Journals
• American Heart Journal
  Library Call Number: W1 AM423

• American Journal of Cardiology
  Library Call Number: W1 AM449

• BMC Cardiovascular Disorders

• BMC Public Health

• Progress in Cardiovascular Diseases
  Library Call Number: W1 PR6671

• Vascular Medicine
  Library Call Number: W1 VA92J

• West Indian Medical Journal
  Library Call Number: W1 WE389

Theses
• The assessment of frequency of cholesterol screening and management of hyperlipidemia in both
  diabetic and hypertensive patients attending clinic at the health centre, Department of Community
  Health, University of the West Indies/ Rosanna Sonson.
  Library Call Number: QP752.C5 S66 2001

• Non-compliance in hypertensive patients: an assessment of the level of drug compliance among
  hypertensive patients in Kingston and St. Andrew, Jamaica / Curtis Bowman.
  Library Call Number: RC685 .H8 B69 2004

• Observations of self-care, compliance and family support among in-patients with diabetes and
  hypertension at the University Hospital of the West Indies / Margaret Wilson-Blake.
  Library Call Number: RA645.D5 B53 1992
• Pre-eclampsia in Jamaican women: lipid profile, oxidative stress, nitric oxide status and nitric oxide synthase polymorphisms and their relationship to pregnancy outcome / Natricha Antoinette

Library Call Number: RG575.5 .L48 2005

Free Online Resources

Full Text Journal Articles

1. Author(s): Dubova SV, Perez-Cuevas R, Zepeda-Arias M, Flores-Hernandez S.
Title: Satisfaction of patients suffering with type 2 diabetes and/or hypertension with care offered in family medicine clinics in Mexico.
Source: Salud Publica Mex. 2009; vol. 51: 231-239

2. Author: Connell P, McKevitt C, Wolfe C.
Title: Strategies to manage hypertension: a qualitative study with black Caribbean patients.
Source: Br J Gen Pract. May 2005; vol. 55, no. 514: 357-61

3. Author(s): Pedro Ordunez, Jose Luis Bernal Munoz, Alfredo Espinosa-Brito, Luis Carlos Silva, and Richard S. Coope
Title: Ethnicity, education, and blood pressure in Cuba.
Source: Am J Epidemiol. 2005 Jul 1; vol. 162, no. 1:49-56

4. Author: MC Gulliford, D Mahabir and B Rocke,
Title: Socioeconomic inequality in blood pressure and its determinants: cross-sectional data from Trinidad and Tobago.
Source: J Hum Hypertens. Jan 2004; vol. 18, no. 1: 61-70

5. Author(s): Pan American Hypertension Initiative
Title: Working meeting on blood pressure measurement: suggestions for measuring blood pressure to use in populations surveys.

6. Author(s): Velásquez-Meléndez G, KacG, Valente J. G., Tavares R., Queiroz da Silva C., Garcia E.S.
Title: Evaluation of waist circumference to predict general obesity and arterial hypertension in women in Greater Metropolitan Belo Horizonte, Brazil.
Did You Know??

Over 1.5 billion people worldwide suffer from high blood pressure and that it is the single biggest risk factor for death -- causing heart disease, stroke, and kidney disease. Unbeknownst to many, high salt (sodium) consumption is the cause of hypertension in about 3 in 10 adults. Globally, 7 million die every year because of high blood pressure and many of these deaths could be prevented by eating less sodium. In fact, if salt intake was reduced by half it would save approximately 2.5 million people a year dying unnecessarily of strokes, heart attacks and chronic kidney diseases worldwide.

In the region of the Americas, the Pan American Health Organization (PAHO) is mobilizing resources to step-up efforts for dietary salt reduction in the region. On a personal level, practical things that people can do to reduce salt consumption are to eat fewer servings of processed and high-sodium foods, check food labels before buying, substitute salt with various spices, get rid of the salt shaker and have regular blood pressure checks.

(http://new.paho.org/hq/index.php?option=com_content&task=view&id=271&Itemid=368)
References

The Pathfinder Project, URL (consulted 01 August, 2009):  http://www.thepathfinderproject.org