# Uncover The Hidden Symptoms Of Hypertension Transcript

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## Introduction to Silent Hypertension Symptoms

Hello and welcome back to the Reverse Your Hypertension Naturally Summit. I'm Dr.

## Headaches and Dizziness

Laurie Marbas, your host and today will delve into a critical aspect of hypertension, the unusual symptoms that often go unnoticed but can be telling indicators of this silent killer.

High blood pressure is a condition that typically flies under the radar because it often presents with no symptoms. However, when symptoms do occur, they can be subtle and easily overlooked.

## Visual Changes and Eye Effects

Recognizing these can be key an early detection and management number one. Headaches and dizziness. Now, one common but frequently disregarded symptom is headaches.

These are not your typical stress related headaches, but often occur early in the morning and can feel like a pulsating sensation. Dizziness is another symptom that often is attributed to other causes, like dehydration or low blood sugar.

## Shortness of Breath and Heart Strain

But it can also signify elevated blood pressure, especially when it occurs without a clear trigger. Number two, visual changes. Now, visual changes are another unusual, but significant symptom.

This includes blurred vision or seeing floaters. These are spots or lines that seem to drift in your field of vision.

## Nosebleeds in Severe Cases

These symptoms indicate that hyper pressure is beginning to affect the blood vessels in the eyes, which can lead to hypertensive retinopathy if left unchecked.

Number three, shortness of breath now, shortness of breath, especially during activities that you used to find easy, can also be a sign of high blood pressure.

## Flushing and Fatigue

This symptom is particularly concerning as it can indicate that your heart is under strain due to increased pressure in your blood vessels, potentially leading to heart disease.

Number four, nosebleeds. Now, nosebleeds are a less common symptom and often occur in severe cases or during hypertensive crises. While occasionally, notably nosebleeds might not be alarming, frequent occurrence is especially coupled with any other symptoms should prompt a blood pressure check.

## Nausea, Vomiting, and When to Check Blood Pressure

Number five, flushing and fatigue now flushing or the sensation of warmth and redness in the face can be another subtle sign. Fatigue is also frequently overlooked.

It can be a symptom of the body's increased effort to pump blood through narrowed or constricted vessels. Number six, nausea or vomiting. Lastly, nausea or vomiting are rare symptoms and often occur in hypertensive emergencies.

Now, while these symptoms can be attributed to various causes in the context of other symptoms, they should not be ignored. Now, in conclusion, while these symptoms can be caused by a variety of health issues, their presence, especially in combination, warrants a check of your blood pressure, early detection and management of hypertension are crucial in preventing serious complications.

Thank you for joining me in uncovering these often quiet signs of high blood pressure.