

Connection between High Blood Pressure and HIV

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Received date: November 05, 2020; **Accepted date:** November 20, 2020; **Published date:** November 27, 2020

Abstract

People with HIV are more likely to have high blood pressure than people without the infection, partially because of the medications and repercussions of the disease itself, a recent research analysis shows. It is important to learn more about the underlying causes of high blood pressure in people with HIV to avoid one of the leading conditions in these adults that can cause premature cardiovascular disease.

Keywords: HIV • High blood pressure • Infection • Immune system

Description

People with HIV are more likely to have high blood pressure than people without the infection, partially because of the medications and repercussions of the disease itself, a recent research analysis shows. It is important to learn more about the underlying causes of high blood pressure in people with HIV to avoid one of the leading conditions in these adults that can cause premature cardiovascular disease, the researchers said. In a population that has seen the number of people dying from heart disease and stroke skyrocket over the last decade, the implications are considerable. People with HIV have chronic inflammation in their arteries because their immune system is continuously involved, which can make them rigid and swollen, said Fahme, whose study involves high blood pressure in Tanzanian patients with HIV [1,2].

According to the new study, kidney disorders related to high blood pressure tend to be four times greater in people with HIV, and may also be linked to chronic inflammation. It appears that people with HIV have significantly higher rates of the disease, marked by elevated levels of protein contained in urine [3]. Studies also indicate that high cholesterol-related HIV can contribute to high blood pressure. In turn, the researchers in the new study claim that lipid disorders can be related to low levels of hormones that influence blood sugar and break down fat in people with HIV. The various forms in the blood of cholesterol and other fats are called lipids [4,5].



Figure 1: High blood pressure and HIV connection.

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