

Hypotension

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- **Hypotension = systolic blood pressure < 100 mmHg**

Symptoms of hypotension

Majority asymptomatic. Common symptoms include:

- **dizziness or syncope if severe**
- **easy fatigibility**
- **emotional symptoms eg. Headache, muscle soreness, headache, cold extremities, tinnitus, insomnia etc.**
- **heart disease symptoms eg. Palpitation, dyspnea, chest discomfort etc.**
- **gastrointestinal symptoms eg. Poor appetite, nausea vomiting, abdominal pain, diarrhea or constipation etc.**

Types of hypotension

- **Primary hypotension:** etiology unknown (heredity, emotional, autonomic imbalance etc)
- **Postural hypotension:** normal blood pressure when lie down, but blood pressure drops ≥ 20 mmHg when rise up. Etiology = autonomic imbalance (eg. brain disease), metabolic disease, electrolyte imbalance, hypertension, valvular heart disease, anemia, dehydration, drugs etc.
- **Secondary hypotension:**
 - a) decreased cardiac output eg. myocardial infarction, arrhythmias, heart failure etc
 - b) poor circulation eg. hemorrhage, burn, vomiting, fever, intestinal obstruction, poison etc.
 - c) other chronic disease eg. cancer, infection, diabetes, anemia, metabolic disease, liver cirrhosis, liver disease etc.

Management of hypotension

- balanced diet
- ideal body weight
- regular exercise
- emotional control
- healthy life style
- if postural hypotension, move slowly whenever change of positions
- elastic stocking, tight clothes etc
- keep body temperature stable
- drugs