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J Clin Diagn Res. 2016 Aug;10(8):OE01-6. doi: 10.7860/JCDR/2016/20204.8258. Epub 2016 Aug

Vascular Disease in Young Indians (20-40 years): Role of Hypertension.

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Author information

Abstract

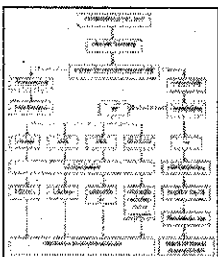
Hypertension (HTN) being one of the important risk factors for cardiovascular disease (CVD) is a significant health concern, especially in India. With age, prevalence of HTN, especially systolic HTN increases. Special attention needs to be directed to HTN in young ages (20-40 years) due to lower awareness, need for early treatment and better control of HTN. HTN in the age group of 20-40 years needs critical reappraisal. Given the high prevalence of HTN in the general population in India, in this review we attempt to provide current evidence and expert opinion on epidemiology, aetiopathogenesis and treatment of HTN in young (20-40 years) Indians.

KEYWORDS: Management; Risk factors; Young hypertensives

PMID: 27656492 PMCID: [PMC5028527](#) DOI: [10.7860/JCDR/2016/20204.8258](#)[Free PMC Article](#)

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