

WHAT IS HYPOTENSION?

Hypotension is abnormally low blood pressure (below 90/60). There are several different types of hypotension, depending on when blood pressure drops. These include:

- Orthostatic hypotension: a sudden drop in blood pressure when standing up.
- Postprandial hypotension: a drop in blood pressure 1-2 hours after eating.
- Neurally mediated hypotension: a blood pressure drop after standing for a long period of time.

HOW IS HYPOTENSION DIAGNOSED?

Dr. Yoo will use a combination of a physical exam, blood pressure measurement, medical history, and testing, which may include:

- blood tests
- electrocardiogram (ECG/EKG)
- tilt table test



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HYPOTENSION

Informational
Pamphlet

CAUSES OF HYPOTENSION:

Causes of hypotension include:

- pregnancy
- impaired circulation
- endocrine disorders
- dehydration
- blood loss
- infection of the bloodstream
- severe allergic reaction
- lack of nutrients in diet
- certain medications, such as beta-blockers, diuretics, and more

SYMPTOMS OF HYPOTENSION:

Symptoms may include:

- fatigue
- dizziness or lightheadedness
- nausea
- clammy skin
- depression
- fainting (syncope)
- blurry or fading vision
- lack of concentration

TREATMENTS FOR HYPOTENSION:

Typically, if low blood pressure causes little to no symptoms, treatment is not necessary. For patients with severe symptoms, treatment may include:

- increasing salt intake
- Increasing water intake
- wearing compression stockings
- medication(s)
- eating small, low-carb meals several times a day
- regular exercise

RISK FACTORS:

Risk factors of hypotension include:

- older age
- medications, such as high blood pressure medicine
- certain diseases, such as Parkinson's disease, diabetes, and some heart conditions

ADDITIONAL RESOURCES:

For more information, please refer to these websites:

www.mayoclinic.org



www.healthline.com

