

# The Related Consequences of Hypertension and Common Mental Illnesses

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## Abstract

Conventional mental disorders, such as anxiety and depression, are risk factors for mortality among cardiac patients, although this topic has gained little consideration in individuals with hypertension. This presentation explores the associated effects of hypertension and common mental disorder on mortality in participants with both treated and untreated hypertension. If you have hypertension, you're more likely to experience mood issues, such as anxiety and depression than those with normal blood pressure. Hypertension is a controllable condition and there are ways to control your blood pressure with lifestyle changes and/or medication. The triple encumbrance of aging population, hypertension, and mental health problems makes elderly populations more vulnerable. There is indication of a bidirectional relationship between mental health and hypertension, which results in lower quality of life, lower rate of treatment adherence, and higher mortality rate among the elderly populations. It is necessary to overcome known barriers and care for the elderly with high risk factors to address these public health burdens.

**Received:** June 11, 2022; **Accepted:** June 18, 2022; **Published:** June 27, 2022

## Biography

Raphael Louis (Hon. H.E. Sir. HDr.) is the Founder, Chairman, President & Chief Executive Officer (CEO) of The Federal Association for the Advancement of Visible Minorities (FAAVM), whereas a NFP Corporation including activities such as the FAAVM Socio Economic Development Council (SEDC), which plays a vital portion in the overall mission realization of the organization. He is also Founder/Leader of the National Coalition Party of

Canada (NCPC) and believes that most Canadians who are in the slightest degree politically active are inclined to hold one of the two chief political positions common in this country, what we call conservatism or liberalism, thus politically, Canadians are highly divided. Raphael political vision when it comes to issues of finance, immigration, public health, national security, diplomacy, human rights, international trade, foreign direct investment (FDI) and environmental protection, is that government must represent Canadian interests first.