

## High Blood Pressure And Dizziness – What's The Real Story?

High blood pressure and dizziness what's the real story? Well ironically dizziness in relation to blood pressure probably has more in common with low pressure than actually high blood pressure.

That being said it could be a serious problem and in many ways the fact that you're suffering from dizziness and potential drops in blood pressure are probably more important than the levels to which the blood pressure drops to so it is extremely important to get to the bottom of it if it is indeed a regular occurrence.

If you are suffering from dizziness and have correspondingly have been diagnosed with high blood pressure then it could indicate a whole series of events, all of which will need to be investigated by your doctor or healthcare practitioner. This last point cannot be stressed too heavily enough as there are too many occasions in relation to medical conditions where people place too much emphasis on common folklore or old wives tales as opposed to getting the correct medical advice from experts.

If you suffer from high blood pressure then by all means listen to other sufferers and people in general but don't ever make the mistake of ignoring the advice of professionals - it could be fatal to be the last mistake you ever make.

I make no apologies if I sound too dramatic but high blood pressure is serious and as such has to be treated as such.

Back to high blood pressure and dizzy spells however. These could be as a result of the number of things none of which in isolation could be that serious but they could be little indicators of potentially something more serious further down the line.

Usually dizzy spells occur as a result of changes in your blood pressure from moving from low blood pressure to high blood pressure namely when you first get up in the morning as it is a known medical fact that your blood pressure is usually lowest at night and rises sharply upon waking. Conversely you could suffer dizzy spells when your blood pressure drops sharply as a result of dehydration, blood loss, allergic reaction, postural hypotension, namely some people suffer from dizzy spells when they change posture if they have been in one position for a long time. The dizzy spells could be brought about by what is called postprandial hypotension; this is usually an occurrence that affects older adults with high blood pressure or what could be best described as autonomic nervous system disorders such as Parkinson's disease and basically occurs after meals.

Lastly in certain cases dizziness could be caused by neurally mediated hypotension and by this I mean this usually occurs in young people in these usually cases because of a miscommunication between the heart and the brain which leads to dizziness and nausea/pain as a result of standing for long periods.

Whatever the reasons, if you are experiencing any dizziness or any form of light-headedness on a regular basis then you need to see your doctor as soon as you can. It might not be anything serious at all but it's much better for them to make the decision rather than you.

### About the Author

Stephen Morgan writes about a great many health issues on the Internet and more can be found on [High Blood Pressure and Dizziness](#) and at the following: <http://www.livingwithhighbloodpressure.net>

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