

TotalCare's Approach to Hypertension

Hypertension, or high blood pressure, is a condition increasing the risk of cardiovascular diseases and stroke. 90% of hypertension is idiopathic, but its risk factors include obesity, alcoholism, smoking, and family history. Determined by the amount of blood your heart pumps and the narrowing of your blood vessels, hypertension can be very serious. Even without symptoms, it remains affecting your blood vessels and heart. Regular monitoring and health check up helps in maintaining good health.

Telemedicine may prove to help in controlling blood pressure and prevent collapses. One of the approaches is to monitor blood pressure at regular intervals. Your virtual doctor will help you with medication, lifestyle, and diet. Many studies endorsed that, telehealth shows promise to improve HTN control in disparate populations and those who don't or can't have regular hospital visits.

TotalCare can help motivate patients with hypertension and encourage self-management by tracking their blood pressure over time. TotalCare also enables providers to view all patient's vitals taken over time to better manage their chronic conditions. TotalCare is fully HIPAA compliant securing all personal and medical data.