

Definition Assignment 1.3

Objective

- Appreciate the importance and role of definitions in technical writing
- Understand how audience and purpose indicate the need for definition
- Differentiate between the levels of details in definition
- Select the right level of detail according to the situation

Definitions

Parenthetical Definition:

- *Hypertension* (high blood pressure) is a risk factor for a lot of other diseases.

Sentence Definition:

- Hypertension is a cardiovascular disease involving increased blood pressure. It is a common disease that affects a huge portion of the population with increasing prevalence in advanced age group. People who are overweight, have sedentary lifestyle, or smoke are at increased risk of experiencing hypertension.

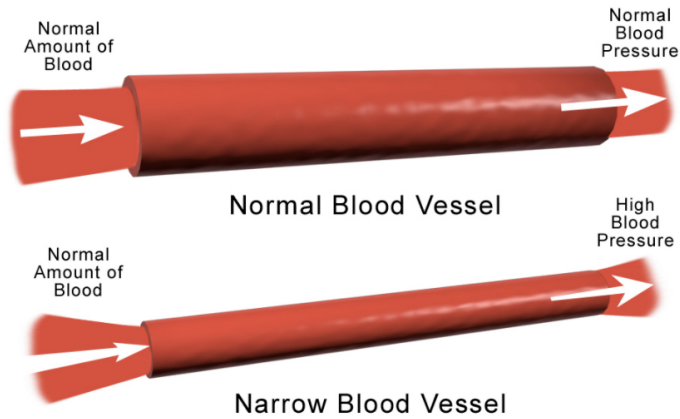
Expanded Definition:

Hypertension is a combination of two words – *hyper* and *tension*¹. It does not mean psychological or mental tension; it more specifically refers to blood pressure. It occurs when there is an elevated force of blood pushing on the blood vessels. There are various reasons why it can happen – increased blood sugar levels, age, not exercising, being obese, bad diet, etc.

It can lead to various other complications overtime which can worsen one's overall health outcomes. For example, people who consistently have high blood pressure can experience worsening kidney function or heart function. Their kidney may not work properly, leading to worsening hypertension in turn; body systems are a connected loop of interdependencies. Their heart may also have other issues, such as, heart failure, where one's heart is not able to pump blood properly leading to less blood flowing through the body.²

Another common potential outcome from having high blood pressure could be a heart attack or stroke, where a blood clot forms and causes blockage of a blood vessel. When this happens, one may not get blood supply to part of their body causing that body part to die. This is essentially what happens during a heart attack where a part of heart muscle does not get blood supply.

Since hypertension seems to be a leading cause of many other complications, one of the best things one can do to take care of their health is to keep it under control. Other than some pharmaceuticals drugs, there are many non-drug ways to keep blood pressure under control. For example, just exercising and reducing the amount of salt in diet could significantly reduce one's blood pressure. Keeping a close eye on one's blood pressure is beneficial because it can silently affect other parts of the body and one may not be even aware of the ramifications.



• **Blood Pressure Blood Flow**

A visual representation of how blood causes extra pressure inside a blood vessel.

Citations:

- Kotchen, Theodore A. "Historical trends and milestones in hypertension research: a model of the process of translational research." *Hypertension* 58.4 (2011): 522-538.
- Laragh, Brenner-Hypertension, and Barry M. Brenner. *Pathophysiology, Diagnosis and Management*. New York: Raven Press, 1995.
- Esunge, P. M. "From blood pressure to hypertension: the history of research." *Journal of the Royal Society of Medicine* 84.10 (1991): 621.