

2. Age Factor:

Age factor is another major cause. With increasing age, **artery walls get stiff** and are unable to bear the high blood pressure. Stress increases the blood pressure which can injure the coronary walls and can cause leakage of blood. It also affects more with an increasing age.

3. Gender:

Blood pressure is also affected by gender. **Males have particularly high blood pressure** and are more likely to be affected by cardiovascular diseases. This however could not be prevented.

4. Smoking:

Smoking contains **Tar**, a substance which accumulates in the lumen of arteries, making it narrower, and increasing the risk of cardiac attack by reducing the blood supply to the heart.

5. Genetics:

Genetic problems are also a major reason. Diseases that are passed to the offsprings by the parents, some diseases like **diabetes** cause high blood pressure and hardening of walls.

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