



Hypertension: White Coat Syndrome & Blood Pressure

Some people show high blood pressure readings only in medical settings. This is known as white coat hypertension. While it may seem harmless, it can signal an overactive stress response. Understanding this pattern prevents misdiagnosis and missed risk.

White coat hypertension results from acute sympathetic nervous system activation triggered by medical environments. This causes temporary blood vessel constriction and heart rate elevation.

Lab and home-monitoring trends often show normal readings at home but repeated clinic elevations. Over time, persistent stress reactivity may progress to sustained hypertension.

Identifying this pattern prevents unnecessary medication while highlighting the need for stress regulation strategies.

01 Is This Your Story?

A 55-year-old consistently shows high clinic BP but normal home readings. Medication is considered, but home monitoring confirms white coat effect. When relaxation breathing is practiced before appointments and daily stress-reduction routines are added, clinic readings improve. Years later, true hypertension is prevented through ongoing lifestyle stability.

02 Try This Today

Measure: Compare home BP readings with clinic readings.

Do: Practice slow breathing for two minutes before BP checks..

Reflect: Ask whether stress is driving your elevated readings.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

