



Hypertension: Resistant Hypertension

Resistant hypertension occurs when blood pressure remains elevated despite appropriate treatment. It signals deeper physiological drivers beyond simple lifestyle factors. Identifying these drivers prevents unnecessary medication escalation. Precision replaces frustration.

Resistant hypertension is often driven by insulin resistance, sleep apnea, chronic stress, kidney dysfunction, or excess sodium sensitivity. Hormonal factors such as aldosterone excess may also play a role.

Lab and clinical patterns frequently show persistent elevation despite multiple medications, often accompanied by metabolic abnormalities.

Addressing underlying contributors improves control and reduces cardiovascular risk more effectively than adding medications alone.

01 Is This Your Story?

A patient on three BP medications remains uncontrolled. Evaluation reveals untreated sleep apnea and high insulin levels. When sleep apnea is treated and metabolic health improves, BP readings decline and medication burden decreases. Long-term vascular risk is significantly reduced.

02 Try This Today

Measure: Review how many BP medications you use and current readings.

Do: Evaluate potential secondary causes of high BP.

Reflect: Ask whether resistance signals deeper imbalance.



Select a plan:

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

