

Abstract

The efficacy of treatment on stroke is still limited. The controlled of stroke incidence number increasing depends on the primary prevention. The primary prevention is a way to control the risk factors on individuals with high risk factors. The risk factors included hypertension, hyperlipidemia, stenosis arteri carotis asymptomatic, cigarette, alcohol, less physical activity and diet.

Hypertension is the main risk factor that can be managed and cured so that can prevent stroke. It has been reported that hypertension uncontrolled in Indonesia about 95,9%. It has been proved that uncontrolled hypertension as the main risk factor that dominates cause stroke. Someone diagnosed hypertension if the systolic blood pressure more than 140 mmHg and diastolic blood pressure more than 90 mmHg. There are many factors influencing the mechanism of hypertension, involving genetic factor and environmental factor, and the interaction between those two factors.

The management on hypertension, the chosen medication based on the high of blood pressure, risk factor cardiovascular disease and injured target organ. The management of hypertension can be non-pharmacologic as a life style modification. Management of pharmacologic like antihypertension drugs such as diuretic, beta-blocker, calcium antagonist, ACE-inhibitor etc. Based on the pathophysiology, mechanism and side effect many kind of antihypertension drug, the management of hypertension can be effective.