



**Towson University ♥ St. Joseph Medical Center  
Wellness Center**

## HIGH BLOOD PRESSURE, CAUSES

### **What causes high blood pressure?**

In 90–95 percent of cases, scientists don't know what causes high blood pressure. This is essential hypertension. Fortunately, although scientists don't fully understand the causes of this disease, they've developed both non-drug and drug treatments that treat it effectively. They've also identified some factors that contribute to higher blood pressure. These are arteriosclerosis (or hardening of the arteries), thickening or hypertrophy of the artery wall, and excess contraction of the arterioles (small arteries).

In the remaining cases, high blood pressure results from a recognizable underlying problem. This is called secondary hypertension. Some possible causes are a kidney abnormality, tumor of the adrenal gland or congenital defect of the aorta. When the root cause is corrected, blood pressure usually returns to normal.