

Systolic pressure variations: Causes

An analysis suggests that in certain cases, fluctuations in systolic blood pressure can be linked with a higher risk of stroke. This applies to those who already have a high risk, for example, those with previous minor strokes or transient ischemic attacks.

Causes of systolic fluctuation include:

1. Food sensitivity – especially salty foods
2. Stress
3. Caffeine consumption
4. Medications: NSAID's, OTC decongestants, acetaminophen, street drugs
5. Adrenal fatigue
6. Fever
7. Dehydration
8. Ca++ and cholesterol deposit in arteries (stiffness)

Question:

A 55 year-old female with history of breast cancer and recent pneumonia presents systolic hypotension unresponsive to fluid resuscitation. The most likely cause is:

- a. She is African-American
- b. Adrenal fatigue
- c. Low TSH with elevated T3 and T4
- d. High TSH with elevated T3 and T4

Answer: B – see keyword