

Hypertension Journal: the Journey Continues

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Great Moments,

In 2025, hypertension management emphasizes **early intervention and lifestyle modification**, alongwith reduced sodium (<1,500–2,300 mg/day), minimal alcohol use, weight loss, and stress reduction. Further, Innovations include AI-powered monitoring tools (wearables, remote tracking, and risk calculators like PREVENT™) for personalized care.

With our focus to bring healthy impact on human health, the issue brings original studies on the correlation of fundoscopic findings with blood pressure and HbA1c Levels in type-2 diabetic patients and short-term blood pressure variability and cardiovascular risk in Individuals with spinal cord injury.

Further, the issue brings interesting reviews on management of blood pressure disorders in individuals with spinal cord injury and a multivariate assessment of occupational stress and hypertension among taxi drivers.

We encourage the readers to contribute for healthy future.

Happy Researching!

The Editor,
Hypertension Journal
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