

Ladies that smoke and also have high blood pressure are twenty times more liable to experience a brain haemorrhage than non-smoking men with normal blood pressure levels, based upon a new study.

A haemorrhage is frequently triggered from a ruptured aneurysm, this is a blood-filled balloon-like pouch on the wall of a blood vessel. But some never rupture. Currently medical doctors cannot determine which of them will.

By far the most frequent cause of a brain bleed is a burst aneurysm. Currently doctors are often unable to inform in advance which ones will and which won't.

This scientific study might help health professionals decide which men and women are most likely to experience a rupture of their aneurysm and which, therefore, require treatment to circumvent a haemorrhage.

The research by Helsinki University Central Hospital and Australian School of Advanced Medicine shows that the chance of a haemorrhage differs tremendously depending on particular risk elements, like gender, smoking and blood pressure levels.

The published research indicates that women smokers and individuals with elevated blood pressure are often the most likely to see their aneurysm rupture.

The research is the biggest ever carried out into brain haemorrhage risk factors.

Furthermore, it revealed three new dangers:

- Prior heart attack
- A medical history of stroke in a person's mother
- Higher cholesterol in males

Previous research had shown that chosen lifestyle factors have an impact on the life expectancy of brain haemorrhage survivors. But it now has also been established that they also influence the threat of the haemorrhage occurring in the first place.

Previous research projects have indicated that people with type 1 diabetes have an unusually high probability of brain haemorrhages which are not caused by ruptured aneurysms.

Brain haemorrhages are lethal in 40 to 50 per cent of cases.

When the aneurysm is discovered before it ruptures, it is usually treated to forestall a haemorrhage.

'We hope that our studies truly help doctors and patients, and are not only of interest around coffee tables on university campuses,' says neurosurgeon Professor Miikka Korja, at Macquarie University Hospital, Sydney.

A hypnotic approach is particularly relevant to those people in the high risk category as it's very successful at working with both smoking and elevated blood pressure levels.

Hypnosis can assist people to lower hypertension by using the Hypnotension method, produced specifically to address the lifestyle elements, which includes smoking, weight, alcohol, salt intake and stress. These are a few of the lifestyle factors that are recognised to bring about and sustain high blood pressure levels.

If you've got either elevated blood pressure levels and/or smoke cigarettes, contact me and I'll be delighted to help you with both.

I've expertise in enabling clients to lessen their elevated blood pressure as well as assisting individuals to put an end to smoking.