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Indian Journal of Public Health Research & Development

Year : 2019, Volume : 10, Issue : 10

First page : (576) Last page : (581)

Print ISSN : 0976-0245. Online ISSN : 0976-5506.

Article DOI : [10.5958/0976-5506.2019.02872.9](http://dx.doi.org/10.5958/0976-5506.2019.02872.9) (http://dx.doi.org/10.5958/0976-5506.2019.02872.9)

Impact of Blood Pressure on Cognitive Functions of Middle-Aged Male Female Individuals

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Online published on 23 December, 2019.

Abstract

Background

The relationship between Blood pressure(BP) and cognitive function(CF) has not yet been established with evidential matter. In many studies are there which proved the negative impact of increasing Blood pressure (BP) on cognitive function (CF), with st and "against" the observation, both in equal proportion. However, less studies have probed the gender influence as a factor with the interaction of BP with CF. Hence, we aimed to evaluate the association of BP and gender with CF.

Method

The cross-sectional study is conducted on 90 middle-aged male and female subjects aged 40–60 years. Anthropometric and physiological parameters were measured using standard techniques and CF assessed with the help of MMSE. The correlation between BP and CF been done and the results compared between males and females.

Results

There was statistically significant positive correlation detected between Systolic BP(SBP), Diastolic BP (DBP), Mean arterial BP and the MMSE scores only in males with no such correlation found in female subjects.

Conclusions

In this study of middle-aged subjects, it was found that with increase in BP(SBP, DBP&MAP) level within the prehypertensive level can be improvement in the CF, only in males. This effect may be because of a probable gender influence on the interaction level and CF in middle-aged men, who have adequate androgens stores in the body, which has a neuroprotective effect in the lacking in the perimenopausal woman.

Keywords

Blood pressure, cognitive function, mini-mental status examination, mean arterial pressure, gender.

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