

How High Blood Pressure (Hypertension) Can Affect Your Bones

- High blood pressure can increase the amount of calcium that's in your urine. That excessive elimination of calcium may lead to loss of bone density (osteoporosis), which in turn can lead to broken bones.
- Hypertension and stroke seem to be the major cardiovascular risk factors for fractures. The fracture risk in hypertension may explain why antihypertensive drugs as a class effect are associated with a decreased risk of fractures.
- High blood pressure also **reduces much needed oxygen flow to the cells through the veins and capillaries, which regenerates and heals the cells, which will affect wound healing.**
- It is recommended that patients that have elevated blood pressure contact their primary care physician.