

Stress management in the treatment of essential arterial hypertension

[Article in German]

[Schwickert M](#), [Langhorst J](#), [Paul A](#), [Michalsen A](#), [Dobos GJ](#).

Abt. Innere V Naturheilkunde und Integrative Medizin, Kliniken Essen-Mitte.
M.Schwikert@kliniken-essen-mitte.de

Between 60 and 90% of patients consult their family doctor for stress-associated complaints. Not infrequently, a considerable number of these patients already have elevated blood pressure. **The positive effect on high blood pressure of relaxation techniques has been confirmed in various studies. Accordingly, stress management should now have a permanent place in effective antihypertensive treatment.** Appropriate relaxation techniques include, for example, autogenic training, progressive muscle relaxation, visualization and breathing exercises, chi gong and yoga. These practices are incorporated in various lifestyle programs. They act in different ways, and can be offered to the patient in accordance with his/her individual wishes.

PMID: 17168187 [PubMed - indexed for MEDLINE]

[MMW Fortschr Med.](#) 2006 Nov 23;148(47):40-2; quiz 43.