

Omron Hem 757 User Guide

Vegetable growers around the world only collect, on average, half of the yield they would obtain under optimal conditions, known as yield potential. It is estimated that 60-70% of the yield gap is attributable to abiotic factors such as salinity, drought, suboptimal temperatures, nutritional deficiencies, flooding, waterlogging, heavy metals contamination, adverse soil pH and organic pollutants, while the remaining 30-40% is due to biotic factors, especially soilborne pathogens, foliar pathogens, arthropods and weeds. Under climate change forecasts, the pressure of biotic/abiotic stressors on yield is expected to rise and challenge further global food security. To meet global demand, several solutions have been proposed, focusing on the breeding of varieties with greater yield potential, but this one-size-fits-all solution leads to limited benefits. In order to overcome the current situation, grafting of elite scion varieties onto vigorous rootstock varieties has been suggested as one of the most promising drives towards further yield stability. Specifically, the implementation of suitable rootstock × scion × environment combinations in Solanaceous (tomato, eggplant, pepper) and Cucurbitaceous (melon, watermelon, melon) high-value crops represents an untapped opportunity to secure yield stability and reliability under biotic/abiotic stresses. This Special Issue invites Original Research, Technology Reports, Methods, Opinions, Perspectives, Invited Reviews and Mini Reviews dissecting grafting as a sustainable agro technology for enhancing tolerance to abiotic stresses and reducing disease damage. In addition, the following are of interest: potential contributions dealing with genetic resources for rootstock breeding, practices and technologies of rootstock breeding, and rootstock-scion signaling, as well as the physiological and molecular mechanisms underlying graft compatibility. In addition, the effect of grafting on vegetable quality, practical applications and nursery management of grafted seedlings and specialty crops (e.g. artichoke and bean) will be considered within the general scope of the Special Issue. We highly believe that this compilation of high standard scientific papers on the principles and practices of vegetable grafting will foster discussions within this important field.

This is a practice-oriented textbook for primary care clinicians on managing hypertension. The book summarizes all available research evidence that clinicians need to care for hypertensive patients. It also interprets the data to make it meaningful and useful and that advises readers about the quality and quantity of the evidence supporting the findings. Some of the main topics addressed in this book include taking accurate blood pressure measurements, determining the effectiveness of various blood pressure treatments, controlling difficult to control blood pressure, and treating hypertensive patients with other comorbid conditions.

Guide pratique de l'hypertension artérielle Elsevier Masson

This book provides comprehensive, current scientific and applied practical knowledge on vegetable grafting, a method gaining considerable interest that is used to protect crops from soil-borne diseases, abiotic stress and to enhance growth/yield. Though the benefits of using grafted transplants are now fully recognized worldwide, understanding the rootstock/scion interactions under variable environmental pressures remains vital for grafting-mediated crop improvement. Vegetable Grafting: Principles and Practices covers: ♦ Breeding, signalling, and physiological and molecular mechanisms involved in grafting ♦ Beneficial effects of grafting including reducing disease damage and abiotic stress; ♦ Effects relating to the impact of grafting on fruit quality ♦ Applications and speciality crops. Including high-quality colour images and written by an international team of expert authors, this book provides up-to-date scientific data and is also concerned with translating science to the field. It is an essential resource for researchers, advanced technicians, practitioners and extension workers.

Report of a WHO Expert Committee

Basic Sciences for MCEM

Current Practice and the Application of Landmark Trials

Proceedings of the 8th International Hypoxia Symposium Held at Lake Louise, Canada, February 9-13, 1993

Evidence-Based Hypertension

Vascular Disease and Injury

Hypertension remains a leading cause of disability and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies. Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.

This new, revised and updated edition takes into account the most recent advances in the understanding of human pathophysiology. The book presents the complex basic principles of vascular hemodynamics and its pathophysiology in a direct and effective way, stressing the importance of the mechanical properties of large arteries in the origin of blood pressure. The readily understandable text, supported by helpful images, describes the elements that define blood pressure and explains such important concepts as pulse wave velocity, central blood pressure, reflected waves, and pulse pressure amplification. Entirely new chapters are included on the sympathetic nervous system and arterial stiffness and on the role played by arterial stiffness in influencing blood pressure variability. The book will enable the physician to answer some of the key questions encountered when addressing the problem of arterial hypertension in everyday clinical practice: How is blood pressure generated? How should blood pressure values be interpreted? Is systolic blood pressure of greater importance than diastolic blood pressure?

During the past decade, experimental and clinical studies have suggested that dyslipidemia may be an important risk factor for the progression of renal disease. This volume explores in great detail recent advances in our understanding of the pathogenesis and treatment of this common complication of progressive renal injury. In the experimental investigations presented, emphasis is placed on specific disturbances of lipids that are seen in progressive renal disease including the effects of oxidatively modified lipoproteins and Lp(a) on various functions of the glomerular cells. Clinical studies have identified dyslipidemia as a risk factor for progressive renal disease in diabetes mellitus, various non-diabetic renal diseases, and most recently in patients with progressive renal allograft loss. An emerging interest in the genetics of dyslipidemia has recently arisen and this topic as it specifically relates to progressive renal disease is discussed. The final section of the book offers new insights into the mechanisms of action of antilipemic therapy used in the treatment of dyslipidemia. This volume should be read by all nephrologists caring for patients with progressive renal disease and by physicians interested in the biology of lipids, diabetes and essential hypertension.

Vascular Disease and Injury: Pre-clinical Research provides the vascular biologist and cardiovascular clinician with a comprehensive compilation of experimental models investigating acute mechanical injury and repair (i.e. restenosis), arterial thrombosis, atherosclerosis, vascular disease in transplanted vessels, and vascular disease in systemic and pulmonary hypertension. Particular focus will be dedicated to mouse models of human vascular disease given the availability of key transgenic and "knock-out" strains. Each individual chapter provides the vascular biologist investigator with essential "how-to" information to get a particular vascular model up and running. For the cardiovascular clinician, experimental observations will be linked to translational therapeutics.

Chronic Kidney Disease and Hypertension

Magnesium Intake and Human Health

Grafting as a Sustainable Means for Securing Yield Stability and Quality in Vegetable Crops

Potassium Intake for Adults and Children

Cardiac Rehabilitation Manual

Renal Denervation

This book is a printed edition of the Special Issue "Reducing Dietary Sodium and Improving Human Health" that was published in *Nutrients*

The treatment of hypertension has become the most important intervention in the management of all forms of chronic kidney disease. *Chronic Kidney Disease and Hypertension* is a current, concise, and practical guide to the identification, treatment and management of hypertension in patients with chronic kidney disease. In depth chapters discuss many relevant clinical questions and the future of treatment through medications and or novel new devices. Written by expert authors, *Chronic Kidney Disease and Hypertension* provides an up-to-date perspective on management and treatment and how it may re-shape practice approaches tomorrow.

In nature, many physical processes are governed by the passage of time. The study of these processes, chronobiology, reveals rhythmic patterns which may be yearly, monthly, daily, or more frequent. Novel drug delivery systems are currently being delivered that will release varying quantities of a drug at optimum times to coincide with these rhythmic patterns. *Chronotherapeutics* considers the pharmaceutical and therapeutic implications associated with biological clocks, solely in relation to humans. Comprehensive discussion is given to specific diseases which are time dependent and the drugs and new drug formulations that can be used as treatments. Written by leading international experts in the field, *Chronotherapeutics* provides up-to-date information on chronobiology for non-chronobiologists in pharmaceutical and medical sciences.

Exercise Physiology Laboratory Manual is a comprehensive resource for instructors and students interested in practical laboratory experiences related to the field of exercise physiology. This program can be used as both a standalone lab manual or as a complement to any exercise physiology textbook. Students will come away with thorough instruction on the measurement and evaluation of muscular strength, anaerobic and aerobic fitness, cardiovascular function, respiratory function, flexibility, and body composition.

How Vascular Hemodynamics Affects Blood Pressure

Heart-Brain Interactions

ABC of Hypertension

Hypertension: A Companion to Braunwald's Heart Disease E-Book

National Health and Nutrition Examination Survey, 2011-2012

This book is a valuable tool to assist both cardiovascular physicians and scientists learning the intricacies of hypertension research and its milestone studies. All major hypertension trials have been reviewed in this book in chronological order with extensive discussion of the study population, study design, and outcomes and with a special focus on what knowledge they offered, their strengths and weaknesses, statistical errors, impact on international guidelines and unmet needs. Importantly, the book also offers physicians and young scientists with basic knowledge regarding medical biostatistics. It is of critical importance for a scientist involved in the field to understand deeply the process of analyzing medical data. Moreover, the accurate interpretation of the results is central for applying evidence-based medicine in everyday clinical practice. Management of Hypertension: Current Practice and the Application of Landmark

Trials is a critical tool to assist in the education of physicians and researchers in the field, providing a separate section on pioneer researchers in hypertension and urging readers to become bright exemplars for scientists wishing to pursue a career in academic medicine and hypertension research.

Hypertension remains the leading cause of cardiovascular morbidity and mortality in spite of current medical therapies. It has been estimated that 50% of Western civilization has hypertension and approximately 20% of patients have resistant hypertension. Renal denervation (RDN) is a minimally invasive, endovascular catheter based procedure using radiofrequency ablation aimed at treating resistant hypertension. Early studies show a high degree of effectiveness in renal denervation to treat hypertension. This book examines renal pathophysiology and the rationale for renal denervation, as well as possible long term benefits and risks of this new therapy. The myriad of devices involved in the evolution of this therapy are discussed and the book concludes with analyses of the cost effectiveness and future applications.

L'hypertension artérielle, qui est soignée chez près de 8 millions de personnes en France, constitue un fréquent motif de consultation chez le médecin généraliste et le cardiologue. Toutefois, du fait de son caractère asymptomatique ou de son association avec d'autres maladies, elle reste une pathologie difficile à appréhender. L'hypertension artérielle étant une maladie chronique dont la prise en charge s'effectue sur plusieurs années, ce guide pratique, dont la lecture est facilitée par de nombreux tableaux et arbres décisionnels, apporte ainsi au médecin toutes les informations pratiques sur la démarche diagnostique et thérapeutique de prise en charge du patient hypertendu et lui donne tous les éléments nécessaires pour répondre aux questions de ses patients. Cette 3e édition du Guide pratique de l'hypertension artérielle prend en compte les dernières recommandations de bonnes pratiques émises par les sociétés savantes et les organismes de santé.

The third edition of Hypertension: A Companion to Braunwald's Heart Disease, by Drs. George L. Bakris and Matthew Sorrentino, focuses on every aspect of managing and treating patients who suffer from hypertensive disorders. Designed for cardiologists, endocrinologists and nephrologists alike, this expansive, in-depth review boasts expert guidance from contributors worldwide, keeping you abreast of the latest developments from basic science to clinical trials and guidelines. Features expert guidance from worldwide contributors in cardiology, endocrinology, neurology and nephrology. Covers behavior management as an integral part of treatment plans for hypertensives and pre-hypertensives. Covers new developments in epidemiology, pathophysiology, immunology, clinical findings, laboratory testing, invasive and non-invasive testing, risk stratification, clinical decision-making, prognosis, and management. Includes chapters on hot topics such as hypertension as an immune disease; sleep disorders including sleep apnea, a major cause of hypertension; a novel chapter on environmental pollution and its contribution to endothelial dysfunction, and more! Equips you with the most recent guidelines from the major societies. Updates sourced from the main Braunwald's Heart Disease text. Highlights new combination drug therapies and the management of chronic complications of hypertension.

A Guide to Products and Services

Chesley's Hypertensive Disorders in Pregnancy

Exercise Physiology Laboratory Manual

Semiconductor Replacement Guide

Human Health Engineering

Reducing Dietary Sodium and Improving Human Health

This book provides comprehensive analysis into individualized patient care, and applying evidence-based medicine while integrating basic medical knowledge with applied medicine. The Editor and the contributors not only discuss important issues on hypertension management and its deleterious consequences if it is not well-controlled, but also highlight the important signaling pathways involved in the pathogenesis of hypertensive heart disease and cardiac hypertrophy.

This book provides an expert view into the current technologies that are revolutionizing the field of solid organ transplantation. This unique book provides insight into progress made in areas spanning robotic surgery to tissue engineering and also gives a glimpse into what may lie ahead for this innovative specialty. Topics covered include nanotherapy, machine perfusion, artificial organ development, robotics in transplant surgery, mobile health technology, stem cell therapy, and ex vivo repair of organs. This is an ideal book for biomedical engineers, physicians and surgeons, general and transplant surgeons, medical students, medical and surgical trainees, and transplant procurement technicians.

The objective of this guideline is to provide recommendations on the consumption of potassium to reduce noncommunicable diseases in adults and children. The recommendations given here

can be used by those developing programmes and policies to assess current potassium intake levels relative to benchmark. If necessary, the recommendations can also be used to develop measures to increase potassium intake, through public health intervention such as food and product labelling, consumer education, and the establishment of food-based dietary guidelines. This book is a printed edition of the Special Issue "Magnesium Intake and Human Health" that was published in Nutrients

Preclinical Research

Guideline

Hypertension Control

Construction of LMS Parameters for the Centers for Disease Control and Prevention 2000 Growth Charts

A New Approach to Treatment of Resistant Hypertension

Home Blood Pressure Monitoring

In the last decade there has been a growing interest in the study of the interactions between the heart and the brain, especially in the field of cerebral ischemia. The interactions between cardiovascular and cerebrovascular diseases are of relevance not only for research investigation, but also for clinical implications in the daily clinical practice. i.e. A wealth of information has been gathered particularly on three topics, cardiovascular consequences of cerebral injuries, cardioembolic stroke, and association of carotid and coronary artery disease. The available information, however, is still sparse and fragmentary mainly because of the lack of communication between neurologists and cardiologists. With the aim of improving communication between several disciplines and technologies, we started to organize since 1987 in Bologna, Italy, an international Symposium on heart brain interactions to be held every 3 years. Our intention was to gather prominent clinicians and researchers from outstanding cardiologic and neuro logic institutions actively involved in the study of heart-brain interactions. The ambitious goal has been to fit different pieces of information like in a puzzle. This book originates from the contributions presented at the 2nd Symposium which was held in Bologna on November 30-December 1, 1990. The book is subdivided into three sections: I cardiovascular consequences of cerebral damage, II cardiogenic cerebral ischemia, III cerebrovascular and coronary artery disease.

Chesley's Hypertensive Disorders in Pregnancy continues its tradition as one of the beacons to guide the field of preeclampsia research, recognized for its uniqueness and utility. Hypertensive disorders remain one the major causes of maternal and fetal morbidity and death. It is also a leading cause of preterm birth now known to be a risk factor in remote cardiovascular disease. Despite this the hypertensive disorders remain marginally studied and management is often controversial. The fourth edition of Chesley's Hypertensive Disorders in Pregnancy focuses on prediction, prevention, and management for clinicians, and is an essential reference text for clinical and basic investigators alike. Differing from other texts devoted to preeclampsia, it covers the whole gamut of high blood pressure, and not just preeclampsia. Features new chapters focusing on recent discoveries in areas such as fetal programming, genomics/proteomics, and angiogenesis Includes extensive updates to chapters on epidemiology, etiological considerations, pathophysiology, prediction, prevention, and management Discusses the emerging roles of metabolic syndrome and obesity and the increasing incidence of preeclampsia Each section overseen by one of the editors; each chapter co-authored by one of the editors, ensuring coherence throughout book

The fourth report from the Nat. High Blood Pressure Educ. Program (NHBPEP) Working Group on Children & Adolescents. This report updates clinicians on the latest recommendations concerning the diagnosis, evaluation, & treatment of hypertension in children; recommendations are based on English-language, peer-reviewed, scientific evidence (from 1997 to 2004) & the consensus expert opinion of the NHBPEP Working Group. This report includes new data from the 1999-2000 Nat. Health & Nutrition Exam. Survey, as well as revised blood pressure tables that include the 50th, 90th, 95th, & 99th percentiles by sex, age, & height. Charts & tables.

Martin Luther - Indulgences - Venice - Knights of St. John_

The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents

Essential Manual of 24 Hour Blood Pressure Management

Blood Pressure Monitoring in Cardiovascular Medicine and Therapeutics

Lipids and the Kidney

Greater Delaware Valley

Vegetable Grafting

A state-of-the-art review of research findings that contribute to an understanding of hypertension and the best measures for its prevention and control, whether in individual patients or entire populations. Noting that elevated blood pressure is a massive health problem in almost every country, the report argues that programs for hypertension control should be an integral part of all national health care systems. With this goal in mind, the report aims to help policy makers appreciate the significance and complexities of hypertension, understand the options available for control and then select the most appropriate mix of interventions. Details range from recommended procedures for obtaining an accurate assessment of blood pressure through advice on the best drugs for first-line treatment of hypertensive patients to a discussion of ways to educate populations about relevant lifestyle changes. Throughout the report, population-based and individual approaches are presented as complementary, synergistic strategies for hypertension control. To assist physicians as well as policy makers, the report includes abundant recommendations based on the best scientific evidence for the management of different patient groups. A section on the clinical assessment of the hypertensive patient explains the components of a coherent step-wise diagnostic process involving history taking, physical examination and laboratory investigation. Included are an assessment of the most suitable drugs for first-line treatment and guidelines for developing management plans for mild hypertension, moderate and severe hypertension, resistant hypertension and hypertensive emergencies. In view of the need to assure that scarce resources are invested wisely, the report also discusses and compares the cost-effectiveness of different management strategies.

It is well known that cardiovascular events occur more frequently in the morning as blood pressure (BP) levels have been shown to increase during the period from night to early morning. In recent years, clinical research using ambulatory blood pressure monitoring (ABPM) or home BP monitoring has clarified that morning BP and BP surge are more closely related to the cardiovascular risk than clinical BP. This practical manual from field leading expert, Dr. Kazuomi Kario, reviews recent evidence on morning and nocturnal hypertension and the IT technologies physicians can use to support patients in home monitoring BP. Guidance on management via antihypertensive drugs is also discussed and with the aim of promoting perfect 24 hour BP control.

This book fulfills the need for practical guidance among all professionals involved in the management of these patients, from residents and fellows of cardiology and internal medicine, surgical teams, physiotherapy professionals, critical care physicians and family medicine practitioners. The thoroughly updated content takes into account recent developments in cardiac rehabilitation, and incorporates practical advice on how to use guidelines in clinical practice. There will be one new chapter on patients with cardiac resynchronization therapy and all the others will be updated to keep up-to-date with the guidelines and current practice. Cardiac rehabilitation is of key importance to ameliorate long-term morbidity and mortality resulting from cardiac diseases and events. However, much of the current literature is dense, unwelcoming and academic in style and format. For those physicians understanding the scope of cardiac rehabilitation there is a need to distill the guidelines and various management options available to them into a concise practical manual. Up until now, all references have looked at the general options, but there is definite need to investigate the practicalities of individual patient groups.

Vogue has always been on the cutting edge of popular culture, and Vogue x Music shows us why. Whether they're contemporary stars or classic idols, whether they made digital albums or vinyl records, the world's most popular musicians have always graced the pages of Vogue. In this book you'll find unforgettable portraits of Madonna beside David Bowie, Kendrick Lamar, and Patti Smith; St. Vincent alongside Debbie Harry, and much more. Spanning the magazine's 126 years, this breathtaking book is filled with the work of acclaimed photographers like Richard Avedon and Annie Leibovitz as well as daring, music-inspired fashion portfolios from Irving Penn and Steven Klein. Excerpts from essential interviews with rock stars, blues singers, rappers, and others are included on nearly every page, capturing exactly what makes each musician so indelible. Vogue x Music is a testament to star power, and proves that some looks are as timeless as your favorite albums.

Hypertension and Cardiovascular Disease

Hypoxia and Molecular Medicine

Regional Industrial Buying Guide

Pediatric Hypertension

Technological Advances in Organ Transplantation

Guide pratique de l'hypertension artérielle

Blood Pressure Monitoring in Cardiovascular Medicine and Therapeutics provides information that will be especially useful to all who care for hypertensive patients. The various chapters provide a full account of the mounting scientific evidence that blood pressure recordings need to be obtained for proper diagnosis, prognosis, and therapy for these patients. The

contributors are each directly involved in clinical studies of home and ambulatory blood pressure monitoring, as well as of the relationship of circadian variations in heart rate and blood pressure to cardiovascular events. As a longtime observer of the multiple facets of clinical hypertension, I have been greatly impressed with the rapid advances in this area over the last two decades. Out-of-office blood pressure monitoring has grown from a curiosity to a necessity. In order to improve the currently inadequate control of hypertension throughout the world, such monitoring should become routine in the diagnosis and treatment of every patient. The evidence for the role of out-of-office monitoring that is so well described in *Blood Pressure Monitoring in Cardiovascular Medicine and Therapeutics* should serve as a stimulus for the more widespread adoption of the procedure. Once this is understood, the constraints on the broader clinical use of ambulatory monitoring that now exist in the United States will be lifted as the value of such information becomes more generally recognized. In the meantime, self-recorded home measurements should be more widely utilized.

The studies reported here are on the cutting edge of basic & applied research in many types of oxygen lack. This book contains the full texts of twenty seven invited presentations by scientists at the Eighth International Hypoxia Symposium held in February 1993, in Lake Louise, Canada. 106 abstracts are included. Case reports from clinical medicine, & experiences of mountaineers show the immediate relevance of many of the research studies. Historical materials give perspective to the most modern technology & concepts. The inter-acting audience of 250 came from 27 countries. This is the most recent of the published Proceedings from the biennial Hypoxia Symposia. The next meeting will be in Lake Louise in February 1995. For information call or write: Dr. Charles Houston, 77 Ledge Rd., Burlington, VT 05401. Phone/FAX 802-863-6441, e-mail address: chouston@moose.uvm.edu.

Hypertension is a condition which affects millions of people worldwide and its treatment greatly reduces the risk of strokes and heart attacks. This fully revised and updated edition of the ABC of Hypertension is an established guide providing all the non-specialist needs to know about the measurement of blood pressure and the investigation and management of hypertensive patients. This new edition provides comprehensively updated and revised information on how and whom to treat. The ABC of Hypertension will prove invaluable to general practitioners who may be screening large numbers of patients for hypertension, as well as nurse practitioners, midwives and other healthcare professionals.

This book is a dedicated resource for those sitting the Part A of the MCEM (Membership of the College of Emergency Medicine) examination. It forms an essential revision guide for emergency trainees who need to acquire a broad understanding of the basic sciences, which underpin their approach to clinical problems in the emergency department. Common clinical scenarios are used to highlight the essential underlying basic science principles, providing a link between clinical management and a knowledge of the underlying anatomical, physiological, pathological and biochemical processes. Multiple choice questions with reasoned answers are used to confirm the candidates understanding and for self testing. Unlike other recent revision books which provide MCQ questions with extended answers, this book uses clinical cases linked to the most recent basic science aspects of the CEM syllabus to provide a book that not only serves as a useful revision resource for the Part A component of the MCEM examination, but also a unique way of understanding the processes underlying common clinical cases seen every day in the emergency department. This book is essential for trainees sitting the Part A of the MCEM exam and for clinicians and medical students who need to refresh their knowledge of basic sciences relevant to the management of clinical emergencies.

Personality: Classic Theories And Modern Research, 3/E

Pulse Waves

Principles and Practices

The Lancet

Vogue x Music

Hypertension Among Adults in the United States

In this Special Issue on human health engineering, we invited submissions exploring recent contributions to the field of human health engineering, which is the technology used for monitoring the physical or mental health status of individuals in a variety of applications. Contributions focused on sensors, wearable hardware, algorithms, or integrated monitoring systems. We organized the different papers according to their contributions to the main aspects of the monitoring and control engineering scheme applied to human health applications, including papers focusing on measuring/sensing physiological variables, contributions describing research on the modelling of biological signals, papers highlighting health monitoring applications, and finally examples of control applications for human health. In comparison to biomedical engineering, the field of human health engineering also covers applications on healthy humans (e.g., sports, sleep, and stress) and thus not only contributes to develop technology for curing patients or supporting chronically ill people, but also more generally for disease prevention and optimizing human well-being.

Chronotherapeutics

Management of Hypertension

From Morning to Nocturnal Hypertension