

[A HIGH BLOOD PRESSURE READING](#)



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Blood Pressure Blood pressure chart

What blood pressure readings mean. As you can see from the blood pressure chart, only one of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure: 90 over 60 (90/60) or less: You may have low blood pressure. More on low blood pressure.

<http://ebookslibrary.club/Blood-Pressure-Blood-pressure-chart.pdf>

What is a high blood pressure reading Hypertension

The generally accepted criteria for high blood pressure or hypertension is a reading of 140/90 or greater. A reading of 120/80 or less is considered a normal blood pressure reading. Blood pressure readings between 120/80 and 140/90 are considered pre-hypertensive and are a signal to make life-style changes.

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Blood Pressure What is high blood pressure

You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90, or higher, over a number of weeks. You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks.

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Blood Pressure Readings Explained Healthline

Blood pressure readings are expressed in millimeters of mercury. This unit is abbreviated as mm Hg. A normal reading would be any blood pressure below 120/80 mm Hg and above 90/60 mm Hg in an adult.

<http://ebookslibrary.club/Blood-Pressure-Readings-Explained-Healthline.pdf>

Blood pressure chart What your reading means Mayo Clinic

Stage 1 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications. 140 or higher: or: 90 or higher: Stage 2 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

<http://ebookslibrary.club/Blood-pressure-chart--What-your-reading-means-Mayo-Clinic.pdf>

High Blood Pressure Understanding Blood Pressure Readings

What is blood pressure? Blood pressure refers to the force of the body's blood pushing against the inner walls of the blood vessels, especially the arteries.

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What is high blood pressure what are the symptoms and

We answer the main questions surrounding high blood pressure and explore what you can do to reduce it The strength of this pushing is your blood pressure. Here is what a normal reading should be

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Blood Pressure Numbers Readings and Charts WebMD

Continued. When you take your blood pressure at home, sit up straight in a chair and put both feet on the floor. Ask your doctor or nurse to show you the right way to position your arm so you get

<http://ebookslibrary.club/Blood-Pressure-Numbers--Readings--and-Charts-WebMD.pdf>

Understanding Blood Pressure Ultimate BP by Age Chart

Blood pressure readings higher than 140/90 mm Hg indicate stage 2 hypertension, which is considered severe high blood pressure. This is a serious condition and requires immediate treatment - which includes eliminating the root causes of the condition.

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High blood pressure hypertension NHS

A blood pressure reading between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you don't take steps to keep your blood pressure under control. Risks of high blood pressure

<http://ebookslibrary.club/High-blood-pressure--hypertension--NHS.pdf>

10 Factors That Can Affect Blood Pressure Readings Blog

Have you ever visited the doctor's office and discovered your blood pressure was higher than you expected? Most people do not realize their blood pressure is constantly changing minute by minute in response to mood, activity, body position, etc.

<http://ebookslibrary.club/10-Factors-That-Can-Affect-Blood-Pressure-Readings-Blog--.pdf>

What is normal blood pressure The Heart Foundation

An optimal blood pressure level is a reading under 120/80 mmHg. Readings over 120/80mmHg and up to 139/89mmHg are in the normal to high range. Your doctor will advise what your ideal blood pressure should be based on your circumstances.

<http://ebookslibrary.club/What-is-normal-blood-pressure-The-Heart-Foundation.pdf>

High Blood Pressure Hypertension MedicineNet

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

<http://ebookslibrary.club/High-Blood-Pressure--Hypertension--MedicineNet.pdf>

What Does My Blood Pressure Reading Mean Caring com

Range. Summary. 140/90 - 180/110. Systolic blood pressure readings at least 140 or diastolic blood pressure readings at least 90 usually indicate STAGE 2 HYPERTENSION, which puts you at high risk for life-threatening problems such as heart attack and stroke.

<http://ebookslibrary.club/What-Does-My-Blood-Pressure-Reading-Mean--Caring-com.pdf>

Blood pressure What is a normal blood pressure reading

High blood pressure, or hypertension, affects more than 25 per cent of all UK adults, according to the NHS. The condition puts extra strain on blood vessels and vital organs.

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