

## [BLOOD BLOOD PRESSURE](#)



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### **Blood Pressure Blood pressure chart**

Blood pressure readings have two numbers, for example 140/90mmHg. The top number is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.) The bottom one is your diastolic blood pressure. (The lowest pressure when your heart relaxes between beats.) The blood pressure chart below shows ranges of high, low and healthy blood pressure readings.

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### **Blood pressure Wikipedia**

Blood pressure (BP) is the pressure of circulating blood on the walls of blood vessels. Used without further specification, "blood pressure" usually refers to the pressure in large arteries of the systemic circulation.

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Blood pressure varies with the strength of the heartbeat, the volume of blood being pumped, and the elasticity of the blood vessels. Arterial blood pressure is usually measured by means of a sphygmomanometer and reported in millimeters of mercury as a fraction, with the numerator equal to the blood pressure during systole and the denominator equal to the blood pressure during diastole.

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Keep your blood pressure low. Even if you do not have high blood pressure at the moment, it is important to keep your blood pressure as low as you can. The higher your blood pressure, the higher your risk of health problems.

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### **Understanding Low Blood Pressure WebMD**

But low blood pressure can be a sign of an underlying problem -- especially in the elderly -- where it may cause inadequate blood flow to the heart, brain, and other vital organs. Chronic low blood pressure with no symptoms is almost never serious.

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