

## [BLOOD PRESSURE IS HIGH](#)



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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 Blood pressure chart**

140 over 90 (140/90) or higher (over a number of weeks): You may have high blood pressure (hypertension). Change your lifestyle - see your doctor or nurse and take any medicines they may give you. More on high blood pressure; So: if your top number is 140 or more - then you may have high blood pressure, regardless of your bottom number.

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### **Causes of High Blood Pressure Risk Factors Weight Diet**

What causes high blood pressure? Blood pressure is the measure of the force of blood pushing against blood vessel walls. The heart pumps blood into blood vessels, which carry the blood throughout

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### **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.

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### **High blood pressure hypertension NHS**

High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.

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### **High blood pressure Causes symptoms and treatment**

High blood pressure or hypertension is often called the silent killer, having no symptoms in many cases. Find out here what causes hypertension, including health, genetic, and lifestyle risks, and

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### **Why is My Blood Pressure High November 2018**

Most people who have high blood pressure are sensitive to salt which means that anything more than the smallest amount of salt needed is too much and will raise their blood pressure.

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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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### **High Blood Pressure National Heart Lung and Blood**

High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood.

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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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**Hypertension Wikipedia**

High blood pressure typically does not cause symptoms. Long-term high blood pressure, however, is a major risk factor for coronary artery disease, stroke, heart failure, atrial fibrillation, peripheral vascular disease, vision loss, chronic kidney disease, and dementia.

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**High Blood Pressure nia nih gov**

Read about high blood pressure or hypertension. Learn how changes in lifestyle like getting more exercise and having less salt may help control it.

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**High Blood Pressure Treatment verywellhealth com**

High Blood Pressure Treatment. Hypertension is serious, but very controllable. Explore ways you can manage it through monitoring, medication, and simple nutrition and exercise changes.

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**High Blood Pressure Hypertension Information cdc gov**

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke. About 1 of 3 U.S. adults or

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**High Blood Pressure pcrn org**

High blood pressure, or hypertension, wreaks havoc on the heart and kidneys. It s also linked to heart disease, stroke, and diabetes. Carrying excess weight tends to raise the risk of developing high blood pressure, as the heart must work harder to pump blood around the body.

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