

## HEART AND BLOOD PRESSURE



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### **Blood Pressure Heart failure and high blood pressure**

If you have high blood pressure, this means that your heart has to work harder to push blood round your body. To cope with this extra effort, your heart becomes thicker and stiffer, which makes it less able to do its job. If your heart is not able to pump as well as it should, this is called heart failure.

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### **What is normal blood pressure The Heart Foundation**

Get the balance right. Follow our approach to healthy eating to help achieve and maintain a healthy weight and have the energy to live life to the full.

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### **High Blood Pressure and Hypertensive Heart Disease**

Hypertensive heart disease is the No. 1 cause of death associated with high blood pressure. It refers to a group of disorders that includes heart failure, ischemic heart disease, and left

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### **Stress and Heart Health American Heart Association**

The American Heart Association explains that although stress has not been proven to cause heart disease it may affect behaviors and factors that are proven to increase heart disease risk like high blood pressure and cholesterol levels, smoking, physical inactivity and overeating.

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### **Be fashionable and be fit Blood Pressure Heart Rate**

What Is A Normal Healthy Heart Rate. No matter if you re an athlete or not, having knowledge about a healthy heart rate can be very helpful if you want to accurately monitor your fitness level and even spot various health problems.

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

Heart-healthy lifestyle changes can prevent high blood pressure, reduce elevated blood pressure, help control existing high blood pressure, and prevent complications, such as heart attack, heart failure, stroke, vascular dementia, or chronic kidney disease.

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### **What is High Blood Pressure American Heart Association**

(These two forces are each represented by numbers in a blood pressure reading.) See how high blood pressure can damage your arteries and heart. The damage starts in your arteries and heart. The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels making them work harder and less efficiently.

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### **What causes high blood pressure The Heart Foundation**

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It s a vital part of how your heart and circulation works.

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