

HOW READ BLOOD PRESSURE



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How to Read Blood Pressure. In this Article: Article Summary Getting Accurate Blood Pressure Readings Interpreting Your Test Results Community Q&A. Your blood pressure shows how much your body has to work to pump blood to your organs. It can be low (hypotension), normal, or high (hypertension).

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Blood Pressure Blood pressure chart

Use the blood pressure chart below to see what your blood pressure means. The blood pressure chart is suitable for adults of any age. (The level for high blood pressure does not change with age.) Blood pressure readings have two numbers, for example 140/90mmHg. The top number is your systolic blood pressure.

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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. If you're in the normal range, no medical intervention is needed.

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How to Read Blood Pressure The 5 Rights of Proper Blood

How to Read Blood Pressure Or 5 Easy Ways to Lower Your Blood Pressure. When it comes to 'how to read blood pressure,' there is a little known problem that is costing you the consumer both your health and your wealth. It may be needlessly exposing you to dangerous medications. We call it Read Fail Hypertension.

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How To Read Blood Pressure Numbers Chart Monitor

The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure. As spoken values, blood pressure numbers are read out as 120 over 80 millimeters of mercury i.e 120/80mmHg. How to read blood pressure chart. How to read the blood pressure chart is fairly easy and straight forward.

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Blood Pressure Numbers Readings and Charts WebMD

Confused by blood pressure numbers? Learn more about normal ranges for systolic and diastolic blood pressure readings in this in depth explanation with

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Blood Pressure Using a home blood pressure monitor

Blood Pressure Charity: How to choose the best home blood pressure monitors and use them correctly for accurate readings

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Blood Pressure Reading Blood Pressure Readings

Learn blood pressure reading. Free lessons, cases studies using an online simulation. Practice exercises for both adults and children.

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Reading Blood Pressure

Welcome to this introduction to the skill of reading blood pressure. There are many parts to the skill of taking a blood pressure. This video is

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How to Read Blood Pressure iBuzzle

Learn how to read blood pressure in the test results, and monitor blood pressure on a regular basis. Instead of

visiting the doctor's clinic frequently

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How to Measure Blood Pressure

An introductory video explaining how to manually measure blood pressure. In this video, we are sharing with you the auscultatory method of

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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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