

[READING YOUR BLOOD PRESSURE](#)



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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>

Blood Pressure Readings Explained Healthline

For a normal reading, your blood pressure needs to show a top number (systolic pressure) that s between 90 and less than 120 and a bottom number (diastolic pressure) that s between 60 and less

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

Blood Pressure Numbers Readings and Charts WebMD

But even if your diastolic number is lower than 80, you can have elevated blood pressure if the systolic reading is 120-129. 80-89 is stage 1 hypertension. 90 or more is stage 2 hypertension.

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

Blood Pressure Chart Where Do Your Numbers Fit

Once you get your reading, you can see where on a blood pressure chart your levels place you. A healthy or normal blood pressure is considered less than 120/80 mm Hg (millimeters of mercury which is still how the measurement is presented, even though most new blood pressure monitors don t actually use mercury any more).

<http://ebookslibrary.club/Blood-Pressure-Chart--Where-Do-Your-Numbers-Fit--.pdf>

How to Read Blood Pressure 15 Steps with Pictures wikiHow

If you have issues with your blood pressure or notice fluctuations in your usual reading, this is especially true. If you have high or low blood pressure readings over the course of a few tests, schedule an appointment with your doctor. This can decrease the risk of developing conditions that can harm your heart and brain.

<http://ebookslibrary.club/How-to-Read-Blood-Pressure--15-Steps--with-Pictures--wikiHow.pdf>

7 Mistakes That Boost Your Blood Pressure Reading webmd com

FRIDAY, May 11, 2018 (HealthDay News) -- Mum's the word the next time you have your blood pressure checked. Talking while the cuff is on can boost your blood pressure reading. So can a full

<http://ebookslibrary.club/7-Mistakes-That-Boost-Your-Blood-Pressure-Reading-webmd-com.pdf>

Blood Pressure What is normal blood pressure

Most adults in the UK have blood pressure readings in the range from 120 over 80 (120/80) to 140 over 90 (140/90). If your blood pressure is within this range, you should be taking steps to bring it down or to stop it rising any further.

<http://ebookslibrary.club/Blood-Pressure-What-is-normal-blood-pressure-.pdf>

Blood pressure What is normal Medical News Today

Blood pressure is essential to life because it forces the blood around the body, delivering all the nutrients it needs. Here, we explain how to take your blood pressure, what the readings mean

<http://ebookslibrary.club/Blood-pressure--What-is-normal--Medical-News-Today.pdf>

Blood pressure chart What your reading means Mayo Clinic

If your systolic and diastolic readings fall into two different categories, your correct blood pressure category is the higher category. For example, if your blood pressure reading is 125/85 millimeters of mercury (mm Hg), you have stage 1 hypertension.

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

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 focused on learning to read the gauge. You will

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Understanding Blood Pressure Ultimate BP by Age Chart

We all know that understanding blood pressure & maintaining healthy readings are important for our overall health and longevity. After all, it's one of the most talked about indicators of health, particularly when it comes to your heart.

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2018 Blood Pressure Log Chart Fillable Printable PDF

So, if the reading is above or below the normal blood pressure, then it signifies that it's time for you to visit a doctor! Meaning of blood pressure Blood pressure usually refers to force that restricts circulating of blood on the wall of blood vessels.

<http://ebookslibrary.club/2018-Blood-Pressure-Log-Chart-Fillable--Printable-PDF--.pdf>

What Is A Normal Blood Pressure Reading Understanding

Let me set the scene: You're in the doctor's office with a blood pressure cuff around your arm. The doc does a few quick squeezes, reads the numbers, writes them down in his or her Very Important

<http://ebookslibrary.club/What-Is-A-Normal-Blood-Pressure-Reading--Understanding--.pdf>

What Do the Two Numbers on Your Blood Pressure Reading Mean

No matter what your age is, if you've been to a doctor, you've certainly had your blood pressure read before. After the doctor was taking your reading, they probably also shared the results

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How to Interpret Blood Pressure Readings Men's Health

Put a thermometer in your mouth and it's pretty easy for you to determine whether your temperature is too high. Slap a blood pressure cuff on your arm, however, and it's not quite as clear if

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