

## WHAT HIGH BLOOD PRESSURE



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High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, or atherosclerosis

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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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### **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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### **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. More than 1 in 4 adults in the UK have high blood pressure, although many won't realise it.

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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 Symptoms Symptoms of Hypertension**

High blood pressure, or hypertension, occurs when your blood pressure increases to unhealthy levels. Your blood pressure measurement takes into account how much blood is passing through your blood

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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.

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### **13 Foods That Are Good for High Blood Pressure Healthline**

Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood pressure can cause blood vessel damage that leads to heart disease, kidney

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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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### **10 ways to control high blood pressure without medication**

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down. Lifestyle plays an important role in treating your high blood pressure. If you successfully control

your blood pressure with a healthy lifestyle, you might avoid, delay or

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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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### **Hypertension High Blood Pressure Health Center WebMD**

Hypertension Overview. High blood pressure or hypertension increases the risk of heart disease and stroke.

Hypertension risk factors include obesity, drinking too much alcohol, smoking, and family

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### **Blood pressure Wikipedia**

Within both high and low blood pressure groups, a greater degree of fluctuation was found to correlate with an increase in cerebrovascular disease compared to those with less variability, suggesting the consideration of the clinical management of blood pressure fluctuations, even among normotensive older adults.

<http://ebookslibrary.club/Blood-pressure-Wikipedia.pdf>

### **What is high blood pressure what are the symptoms and**

High blood pressure can present a serious risk of heart attacks and strokes if left untreated. Some symptoms can include severe headaches, fatigue or confusion, vision problems and chest pains.

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