

[WHAT IS A HIGH READING FOR 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>

What Is Considered High Blood Pressure Healthline

Blood pressure readings have two numbers. The top one is your systolic number (the pressure in your blood vessels when your heart contracts). The bottom one is your diastolic number (the pressure

<http://ebookslibrary.club/What-Is-Considered-High-Blood-Pressure--Healthline.pdf>

What is a high blood pressure reading Hypertension

High blood pressure (hypertension) happens when a blood pressure reading is 140/90 or higher. Your doctor may label your high blood pressure as primary (essential) or secondary. There is no underlying cause of primary (essential) hypertension. More than 20 percent of people with high blood pressure have secondary hypertension. This type of hypertension may be triggered by medications such as decongestants or allergy drugs, or medical conditions such as obesity or endocrine problems.

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Blood Pressure What is high blood pressure

You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks. If you have high blood pressure, this higher pressure puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.

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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.

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Causes of High Diastolic Blood Pressure Readings

For e.g., the normal blood pressure is 120/80 mm Hg (or millimeters of mercury), where 120 mm Hg is the systolic blood pressure, and 80 mm Hg is diastolic blood pressure. Depending on the readings, or rather numbers, of blood pressure, it can be diagnosed whether a person has a normal, high, or low 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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Blood pressure chart What your reading means Mayo Clinic

Stage 1 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications. 140 or higher: or: 90 or higher: Stage 2 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

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

Blood Pressure Numbers Readings and Charts WebMD

Keeping track of blood pressure at home is important for many people, especially if you have high blood pressure. This helps you and your doctor find out if your treatment is working.

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

High blood pressure hypertension NHS

high blood pressure is considered to be 140/90mmHg or higher ; ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg ; low blood pressure is considered to be 90/60mmHg or lower ; A blood pressure reading between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you don't take steps to keep your blood pressure under control.

<http://ebookslibrary.club/High-blood-pressure--hypertension--NHS.pdf>

Blood pressure What is normal Medical News Today

Here, we explain how to take your blood pressure, what the readings mean, and what counts as low, high, and normal. The article also offers some tips on how to maintain healthy blood pressure.

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

What is normal blood pressure The Heart Foundation

An optimal blood pressure level is a reading under 120/80 mmHg. Readings over 120/80mmHg and up to 139/89mmHg are in the normal to high range. Your doctor will advise what your ideal blood pressure should be based on your circumstances.

<http://ebookslibrary.club/What-is-normal-blood-pressure-The-Heart-Foundation.pdf>

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.

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

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