

## [WHEN YOUR BLOOD PRESSURE IS HIGH](#)



## **RELATED BOOK :**

### **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.

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

### **How to Know if Your Blood Pressure is High ePainAssist**

High blood pressure is a common condition, in which the force exerted by the blood on the blood vessels carrying them increases than the normal values.

<http://ebookslibrary.club/How-to-Know-if-Your-Blood-Pressure-is-High--ePainAssist.pdf>

### **Know Your Blood Pressure Numbers WebMD**

If your arm is too big for the cuff, the reading may be higher than your blood pressure really is. Ask your doctor for a larger cuff or make sure you buy a home monitor with a cuff that fits you.

<http://ebookslibrary.club/Know-Your-Blood-Pressure-Numbers-WebMD.pdf>

### **What Are the Symptoms of High Blood Pressure in Women**

Blood pressure can increase without any noticeable symptoms. You can have high blood pressure and experience no obvious symptoms until you experience a stroke or heart attack.

<http://ebookslibrary.club/What-Are-the-Symptoms-of-High-Blood-Pressure-in-Women-.pdf>

### **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.

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

### **Why is My Blood Pressure Higher in the Morning November**

Throughout the day, blood pressure can vary depending on physical activity, what foods you eat and emotional stress. For some people unfortunately, their blood pressure is too high first thing in the morning.

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### **7 Reasons Your Blood Pressure Is Unexpectedly Through the Roof**

Even if you're in tip-top shape, your blood pressure could go from totally normal to sky-high in a matter of minutes. The worst part is, you may have no idea it's happening.

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### **Reasons Why Only Your Systolic Blood Pressure Is High**

If your blood pressure reading reveals that only your systolic reading (the first number) is high but your diastolic reading (the second number) is normal, you may rightly wonder if you'll need high blood pressure treatment.

<http://ebookslibrary.club/Reasons-Why-Only-Your-Systolic-Blood-Pressure-Is-High.pdf>

### **How High Is Too High for Your Blood Pressure Health**

How High Is Too High for Your Blood Pressure? If you're over 60 and your doctor is treating you for high blood pressure, your health status and patient history play a key role in that treatment.

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### **High Blood Pressure Hypertension**

Brief rises in blood pressure are normal, but the higher your blood pressure stays, the more at risk you are. If your blood pressure is often greater than 140/90, you may need treatment.

<http://ebookslibrary.club/High-Blood-Pressure--Hypertension-.pdf>

### **Why is High Blood Pressure Bad November 2018**

Hypertension, or high blood pressure can damage your body unnoticed for years before you ever see any

symptoms. If untreated, you could end up with a disability, a quality of life that is poor or a fatal heart attack.  
<http://ebookslibrary.club/Why-is-High-Blood-Pressure-Bad-November-2018-.pdf>

**High blood pressure hypertension Treatment NHS**

if your blood pressure is consistently above 160/100mmHg you'll be offered medication to lower your blood pressure, in addition to lifestyle changes Lifestyle changes There are some changes you could make to your lifestyle to reduce high blood pressure.

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

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

Your doctor may diagnose you with high blood pressure if you have consistently high blood pressure readings. To control or lower high blood pressure, your doctor may recommend that you adopt heart-healthy lifestyle changes, such as heart-healthy eating patterns like the DASH eating plan, alone or with medicines.

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**Why High Blood Pressure Is So Bad for Your Body and What**

You've heard of high blood pressure before, and you know it can be a serious threat to your health. But many don't know exactly what it means when you have this health condition or how it

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