

# How High Can Blood Pressure Go?

By: Sarah DeWitt Ince



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High blood pressure, also known as hypertension, is a serious condition that often goes undetected. Allowing blood pressure to run too high can really do some serious damage over the years. High blood pressure can cause blindness and even destroy every organ in the body if it is not controlled with diet, exercise or medication.

## Normal Blood Pressure



have an increased risk of having a heart attack or stroke. Normal blood pressure is 130 for systolic pressure and 80 for diastolic.

## **Very High Blood Pressure**

High blood pressure is considered to be anything over 140/80 because even if the blood pressure is slightly high, it can still do the same damage over the long term. Blood pressure can go as high as 220/120. These levels are dangerously high, and they can result in stroke, internal hemorrhage, cerebral edema or death.

## **Kidney Failure**

High blood pressure can be very taxing on the kidneys. When blood pressure is continually high kidney failure is likely to happen eventually. The kidneys filter blood and waste products through the urine. High blood pressure can damage the blood vessels within the kidneys until these organs are unable to do their job.

## **Physical Signs**

High blood pressure is called the silent killer because it often has no symptoms. However, some people with very high blood pressure will develop uncomfortable symptoms such as headaches, dizziness and fatigue.

## **Rare Cases**

There have been a few rare cases when blood pressure levels have exceeded 300. The heart is not capable of pumping blood any higher than this point.



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# How Do I Set Mickey Digital Sport Watches?

By: Meredith Jameson

Updated On: September 28, 2017

The Disney Company Mickey Mouse Digital Sports Watch is a sports-style watch with a rubber bracelet that features a digital display and the image of Mickey Mouse on the watch face. Available at many general retail stores such as K-Mart, the watch is advertised for the “active young or young at heart.” Setting a Mickey Mouse digital sports watch requires just a few steps.



Press the button on the bottom right-hand side of the watch until the hour display flashes “0,” and then press the button on the top right-hand side of the watch until the desired hour is reached.

Press the button on the bottom right-hand side again until the minutes flash “00,” and press the button on the top right-hand side of the watch until the desired minute time is reached.

Press the button on the top right-hand side of the watch until the date flashes. Hold the button down until the correct date appears.

Press the button on the lower left-hand side of the watch to return the watch to normal mode.

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