

[HOW HIGH CAN YOUR BLOOD PRESSURE BE](#)



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How High Can Blood Pressure Go Our Everyday Life

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.

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5 High Blood Pressure Myths Get the Facts WebMD

High blood pressure can lead to damage of your blood vessels, heart, kidneys, and other organs in your body. Heart disease and stroke, both caused by high blood pressure, are the first and fifth

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Here s How High Blood Pressure Can Affect Your Eyes

High blood pressure can do critical damage to your heart. But it affects other parts of the body, too, including the eyes. But it affects other parts of the body, too, including the eyes.

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10 ways to control high blood pressure without medication

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure. The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less.

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How low can your blood pressure go before it is dangerous

The lower limit of a safe blood pressure is 90/60 mm hg. This means that a systolic pressure below 90 mm hg or a diastolic pressure below 60 mm hg can cause symptoms. Hence any pressure below this is dangerous as it causes symptoms. If the pressure falls below 90 mmhg systolic,

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What Your Blood Pressure Should Be According To Your Age

If blood pressure isn't well monitored, it can lead to a hypertensive crisis. A systolic reading of 180 mm Hg or higher OR a diastolic reading of 110 mm HG or higher may indicate that a crisis is occurring. If your reading is abnormally high, wait a couple of minutes and measure the pressure again.

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Is High Blood Pressure Hereditary And What Can You Do

However, high blood pressure has many causes and many remedies. So even if your own case of high blood pressure is largely hereditary, there's still plenty you can do about it. Read on. Genetic influences on high blood pressure. What causes high blood pressure can be a complex affair.

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High Blood Pressure Symptoms You Can Reverse Naturally

Frequently, there are no high blood pressure symptoms as blood pressure increases, but some warning signs for very high blood pressure can include chest pains, confusion, headaches, ear noise or buzzing, irregular heartbeat, nosebleeds, tiredness or vision changes.

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15 natural ways to lower your blood pressure Health News

Fifteen natural ways to lower your blood pressure. High blood pressure is a dangerous condition that can damage your heart. It affects one in three people in the US and 1 billion people worldwide (1, 2). If left uncontrolled, it raises your risk of heart disease and stroke.

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Hypertensive Crisis When You Should Call 9 1 1 for High

Do not wait to see if your pressure comes down on its own, Call 9-1-1. Be prepared. If you have been diagnosed with high blood pressure, track your blood pressure and medications. If possible during an emergency, having these logs with you can provide valuable information to the medical team providing treatment.

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17 Effective Ways to Lower Your Blood Pressure Healthline

15 Natural Ways to Lower Your Blood Pressure. High blood pressure can lead to heart disease and stroke. Here are 15 simple ways you can lower your blood pressure naturally, without medication

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Should My Blood Pressure Be 120 80 Even After Exercise

More in High Blood Pressure. Normal blood pressure is commonly known to be around 120 over 80 (120/80).

But that does not mean that anything above or below that number isn't healthy. In fact, healthy blood pressure is generally considered within a range of blood pressure readings.

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