

## **HEALTH BLOOD PRESSURE**



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### **Blood pressure chart What your reading means Mayo Clinic**

If your blood pressure is normal, maintaining or adopting a healthy lifestyle can prevent or delay the onset of high blood pressure or other health problems. If your blood pressure isn't normal, a healthy lifestyle oftentimes along with medication can help bring it under control and reduce your risk of life-threatening complications.

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

### **Blood Pressure Highs Lows What's Normal**

Blood pressure is one of the vital signs that doctors measure to assess general health. Having a high blood pressure, also called hypertension, that is not under control can result in heart

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

In fact, nearly one-third of people who have high blood pressure don't know it. The only way to know if your blood pressure is high is through regular checkups.

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

Primary, or essential, high blood pressure is the most common type of high blood pressure. This type of high blood pressure tends to develop over years as a person ages. Secondary high blood pressure. Secondary high blood pressure is caused by another medical condition or occurs as a side effect of a medicine.

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### **Blood pressure Better Health Channel**

Blood and blood vessels. Bleeding, blood pressure, conditions, risks and blood products Dizziness - orthostatic hypotension. Postural hypotension is the lightheaded feeling you may get if you leap out of bed very quickly Blood pressure (low) - hypotension. Low blood pressure is only a problem if it has a negative impact on the body

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### **Blood Pressure Harvard Health**

Hypertension has no symptoms or warning signs. Yet it can be so dangerous to your health and well-being that it has earned the nickname "the silent killer." When high blood pressure is accompanied by high cholesterol and blood sugar levels, the damage to the arteries, kidneys, and heart accelerates exponentially. High blood pressure is preventable.

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### **High Blood Pressure Hypertension MedlinePlus**

Primary, or essential, high blood pressure is the most common type of high blood pressure. For most people who get this kind of blood pressure, it develops over time as you get older. For most people who get this kind of blood pressure, it develops over time as you get older.

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### **Blood Pressure Readings Explained**

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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### **Natural Ways to Lower Blood Pressure Health**

Coffee has some health benefits, but lowering blood pressure isn't one of them. Caffeine can cause short-term spikes in blood pressure, even in people without hypertension.

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