

HOW TO HIGH BLOOD PRESSURE



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High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood.

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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.

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Hypertension High Blood Pressure Health Center WebMD

Hypertension Overview. High blood pressure or hypertension increases the risk of heart disease and stroke.

Hypertension risk factors include obesity, drinking too much alcohol, smoking, and family

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High Blood Pressure

But, high blood pressure, sometimes called "the silent killer," is very common in older people and a major health problem. If high blood pressure isn't controlled with lifestyle changes and medicine, it can lead to stroke, heart disease, eye problems, kidney failure, and other health problems. High blood pressure can also cause shortness of breath during light physical activity or exercise.

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High Blood Pressure Hypertension Signs Causes Diet

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

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How to Prevent High Blood Pressure MedlinePlus

High blood pressure usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that you can often prevent or treat high blood pressure. The good news is that you can often prevent or treat high blood pressure.

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How To Lower Reduce Control High Blood Pressure Levels

The effects can be dramatic: Blood pressure drops of 4 to 9 points. Remember that exercise isn't just going to the gym. It can be gardening, washing your car, or housework.

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17 Ways to Lower Your Blood Pressure Healthline

High blood pressure, or hypertension, is called the silent killer for good reason. It often has no symptoms, but is a major risk for heart disease and stroke. And these diseases are among the

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13 Ways To Lower Blood Pressure Naturally Prevention

High blood pressure plays a contributing role in more than 15% of deaths in the United States, according to a Harvard study. Although it causes no symptoms, high blood pressure boosts the risks of

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