

## **HIGH BLOOD PRESSURE LEVELS**



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### **Blood Pressure Blood pressure chart**

Blood pressure chart. The blood pressure chart is suitable for adults of any age. (The level for high blood pressure does not change with age.) Blood pressure readings have two numbers, for example 140/90mmHg. The top number is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.)

<http://ebookslibrary.club/download/Blood-Pressure-Blood-pressure-chart.pdf>

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

Stage 1 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications. 140 or higher: or: 90 or higher: Stage 2 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

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### **Blood Pressure Readings Explained**

Elevated blood pressure. Numbers higher than 120/80 mm Hg are a red flag that you need to take on heart-healthy habits. When your systolic pressure is between 120 and 129 mm Hg and your diastolic pressure is less than 80 mm Hg, it means you have elevated blood pressure.

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### **High Blood Pressure Levels Effects of Weight Salt**

A blood pressure of 130/80 or higher is considered high. A blood pressure between 120 and 129 and less than 80 is considered elevated. This means that you do not have hypertension, but you are likely to develop it in the future unless you adopt lifestyle changes to keep your blood pressure under control.

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

The kidneys help balance fluid and sodium levels in the body. They use sodium and potassium to remove excess fluid from the blood. The body gets rid of this excess fluid as urine. When sodium levels in the blood are high, blood vessels retain more fluid. This increases blood pressure against the blood vessel walls.

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### **High Blood Pressure 27 Foods You Should Avoid as Much as**

Caffeine. You can also do a test yourself check your blood pressure within 30 to 120 minutes of consuming caffeine. If it increases by five to 10 points, you might want to cut down your intake. Here are a few foods with high levels of caffeine.

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

There are two main types of high blood pressure: primary and secondary high blood pressure. 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.

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### **Hypertension Wikipedia**

High blood pressure typically does not cause symptoms. Long-term high blood pressure, however, is a major risk factor for coronary artery disease, stroke, heart failure, atrial fibrillation, peripheral vascular disease, vision loss, chronic kidney disease, and dementia.

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### **What is normal blood pressure The Heart Foundation**

An optimal blood pressure level is a reading under 120/80 mmHg. Readings over 120/80mmHg and up to 139/89mmHg are in the normal to high range. Your doctor will advise what your ideal blood pressure should be

based on your circumstances.

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**Blood Pressure Highs Lows What's Normal Live Science**

High blood pressure can also result in stroke, either because of a blocked arteries or a burst in a blood vessel.

Low blood pressure , known as hypotension, can also cause health problems such as

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**Blood pressure What is normal Medical News Today**

The overall guidelines for high blood pressure received an update in December 2013, drawing from the evidence to recommend that anyone aged 60 years or more with hypertension should aim for a

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