

## **FOR HIGH BLOOD PRESSURE**



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It could help lower cholesterol and blood pressure. High blood pressure or hypertension increases the risk of heart disease and stroke. Hypertension risk factors include obesity, drinking too much

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### **High blood pressure Causes symptoms and treatment**

High blood pressure is also known as hypertension. Blood pressure is the amount of force exerted against the walls of the arteries as blood flows through them.

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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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### **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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### **High blood pressure hypertension Symptoms and causes**

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries.

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### **High Blood Pressure Symptoms Symptoms of Hypertension**

High blood pressure problems in pregnancy remain an important cause of maternal death in the United States. Complications for the baby include low birth weight, early birth, and stillbirth.

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### **High Blood Pressure Symptoms Signs Causes Diet**

Based on these new 2017 guidelines defining high blood pressure, as many as half of all Americans will have this disease (48% of men and 43% of women). Uncontrolled high blood pressure is responsible for many cases of death and disability resulting from heart attack, stroke, and kidney failure.

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

What blood pressure readings mean. As you can see from the blood pressure chart, only one of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure: 90 over 60 (90/60) or less: You may have low blood pressure. More on low blood pressure.

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### **High Blood Pressure Hypertension Information cdc gov**

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

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### **High Blood Pressure**

Blood pressure is the force of blood pushing against the walls of arteries. When the doctor measures your blood

pressure, the results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood. The second number  
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