

HOW TO READ HIGH BLOOD PRESSURE



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Blood Pressure Readings Explained

If your blood pressure reading shows a top number of 140 or more, or a bottom number of 90 or more, it is considered stage 2 hypertension. At this stage, your doctor will recommend one or more medications for keeping your blood pressure under control. But you shouldn't rely solely on medications to treat hypertension.

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Blood Pressure Chart Numbers Normal Range Systolic

This force creates pressure on those blood vessels, and that's your systolic blood pressure. A normal systolic pressure is below 120. A reading of 120-129 is elevated.

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How to Read Blood Pressure 15 Steps with Pictures wikiHow

Avoid moving or talking when you're taking your blood pressure reading. Sit upright with your back supported. Place and keep your feet flat on the floor without crossing your legs. Place the cuff directly above the elbow, or crook, of your elbow. Support the cuffed arm on a table, desk, or the arm of a chair.

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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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10 ways to control high blood pressure without medication

4. Reduce sodium in your diet. 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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How to Get the Right Blood Pressure Reading Sharecare

Wear short sleeves. The cuff needs to fit snugly around your bare upper arm, so short sleeves are your best bet. Rolled up long sleeves may constrict your arm, which could alter your blood pressure reading. Skip the drinks. Avoid caffeine, cigarettes, and alcohol for at least 30 minutes before you measure.

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High Blood Pressure

Cut down on salt. As you get older, the body and blood pressure become more sensitive to salt (sodium), so you may need to watch how much salt is in your diet. Most of the salt comes from processed foods (for example, soup and baked goods). A low-salt diet, such as the DASH diet, might help lower your blood pressure.

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15 natural ways to lower your blood pressure Health News

Reduce your sodium intake. Salt intake is high around the world. In large part, this is due to processed and prepared foods. For this reason, many public health efforts are aimed at lowering salt in the food industry (6). In many studies, salt has been linked to high blood pressure and heart events, like stroke (7, 8).

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