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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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Blood Pressure Readings Explained

For a normal reading, your blood pressure needs to show a top number (systolic pressure) that s between 90 and less than 120 and a bottom number (diastolic pressure) that s between 60 and less

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How to Read Blood Pressure 15 Steps with Pictures wikiHow

Recognizing blood pressure reading features. Your blood pressure reading is made up of two numbers, a top and bottom one. The top number is called the systolic pressure and the bottom one is the diastolic.

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Blood Pressure Blood pressure chart

Blood pressure chart for adults. Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.

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Blood pressure chart What your reading means Mayo Clinic

Blood pressure readings fall into four general categories, ranging from normal to stage 2 high blood pressure (hypertension). The level of your blood pressure determines what kind of treatment you may need. To get an accurate blood pressure measurement, your doctor should evaluate your readings based on the average of two or more blood pressure

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Blood Pressure Measurement Explanation Simulator

Reading blood pressure by auscultation is considered the gold standard by the Heart, Lung and Blood Institute of the NIH. Subject. Position: supine, seated, standing. To begin blood pressure measurement, use a properly sized blood pressure cuff. The length of the cuff's bladder should be at least equal to 80% of the circumference of the

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