

## [TELL ME ABOUT HIGH BLOOD PRESSURE](#)



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In fact, nearly one-third of people who have high blood pressure don't know it. The only way to know if your blood pressure is high is through regular checkups.

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### **Blood Pressure What is blood pressure**

How you can tell if you have high blood pressure. Having high blood pressure (hypertension) is not usually something that you feel or notice. It does not tend to produce obvious signs or symptoms. The only way to know what your blood pressure is, is to have it measured. Blood pressure is measured in millimetres of mercury (mmHg) and is written as two numbers.

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### **Hey Doc Tell Me about High Blood Pressure Eric A**

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### **10 Ways to Control High Blood Pressure ActiveBeat**

High blood pressure is present when a systolic pressure (of 140 or above) or a diastolic pressure (of 90 or above) is diagnosed by your doctor. Sure, you should take the medication the doctor prescribes.

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

Blood pressure between 120/80 and 129/80 is elevated blood pressure, and a blood pressure of 130/80 or above is considered high. The American Academy of Cardiology defines blood pressure ranges as: Hypertension stage 1 is 130-139 or 80-89 mm Hg, and hypertension stage 2 is 140 or higher, or 90 mm Hg or higher.

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### **Blood Pressure What is high blood pressure**

You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over

90, or higher, over a number of weeks. You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks.

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