

WHAT IS A HIGH BLOOD PRESSURE READING



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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.

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

Blood Pressure Chart Numbers Normal Range Systolic

A normal diastolic blood pressure is lower than 80. But even if your diastolic number is lower than 80, you can have elevated blood pressure if the systolic reading is 120-129.

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Blood pressure chart What your reading means Mayo Clinic

This blood pressure chart can help you figure out if your blood pressure is at a healthy level or if you'll need to take some steps to improve your numbers. Your total blood pressure reading is determined by measuring your systolic and diastolic blood pressures.

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Blood Pressure Readings Explained

Blood pressure readings are expressed in millimeters of mercury. This unit is abbreviated as mm Hg. A normal reading would be any blood pressure below 120/80 mm Hg and above 90/60 mm Hg in an adult.

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High Blood Pressure Understanding Blood Pressure Readings

Blood pressure (BP) readings are expressed as a ratio of the systolic pressure (the first number or numerator), over the diastolic pressure (the second number or denominator). A blood pressure of 120/80 mmHg (millimetres of mercury) is expressed verbally as 120 over 80.

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What is a high blood pressure reading Hypertension

Blood pressure is measured in millimeters of mercury (mm Hg). For instance, normal blood pressure may be written 120/80 or 120 over 80. The higher number is the systolic blood pressure. The lower number is the diastolic blood pressure. High blood pressure (hypertension) happens when a blood pressure reading is 140/90 or higher.

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