

## **HOW HIGH BLOOD PRESSURE**



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### **Hypertension High Blood Pressure Health Center WebMD**

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

High blood pressure can cause hardening and thickening of the arteries (atherosclerosis), which can lead to a heart attack, stroke or other complications. Aneurysm. Increased blood pressure can cause your blood vessels to weaken and bulge, forming an aneurysm.

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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.

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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**

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

About 1% of people with high blood pressure do not seek medical care until the high blood pressure is very severe, a condition known as malignant hypertension or a hypertensive emergency. In malignant hypertension, the diastolic blood pressure (the lower number) often exceeds 120 mm Hg.

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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 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.

<http://ebookslibrary.club/download/High-Blood-Pressure--Hypertension--Information-cdc-gov.pdf>

### **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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