

BLOOD PRESSURE LEVELS



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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 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 Wikipedia

Blood pressure that is low due to a disease state is called hypotension, and pressure that is consistently high is hypertension. Both have many causes and may be of sudden onset or of long duration. Long term hypertension is a risk factor for many diseases, including heart disease, stroke and kidney failure.

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Blood Pressure What is normal blood pressure

Most adults in the UK have blood pressure readings in the range from 120 over 80 (120/80) to 140 over 90 (140/90). If your blood pressure is within this range, you should be taking steps to bring it down or to stop it rising any further.

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Measuring Blood Pressure cdc gov

If the measurement reads 120 systolic and 80 diastolic, you would say "120 over 80" or write "120/80 mmHg.". The chart below shows normal, at-risk, and high blood pressure levels. A blood pressure less than 120/80 mmHg is normal. A blood pressure of 140/90 mmHg or more is too high.

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