# **BLOOD PRESSURE HIGH**



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It could help lower cholesterol and blood pressure. High blood pressure or hypertension increases the risk of heart disease and stroke. Hypertension risk factors include obesity, drinking too much

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

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

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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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#### **High Blood Pressure Hypertension MedlinePlus**

Primary, or essential, high blood pressure is the most common type of high blood pressure. For most people who get this kind of blood pressure, it develops over time as you get older. For most people who get this kind of blood pressure, it develops over time as you get older.

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#### High blood pressure hypertension Symptoms and causes

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. http://ebookslibrary.club/download/High-blood-pressure--hypertension--Symptoms-and-causes--.pdf

### 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 Symptoms Signs Causes Diet**

Understand about high blood pressure (hypertension) causes such as heart disease, kidney disease, tumors, birth control, alcohol, thyroid dysfunction and birth control pills. Find out what the normal ranges for high blood pressure are, and when to seek medical care for high blood pressure.

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# What Are the Symptoms of High Blood Pressure in Women

Blood pressure is the force of blood pushing against the inside lining of the arteries. High blood pressure, or hypertension, occurs when that force increases and stays higher than normal for a http://ebookslibrary.club/download/What-Are-the-Symptoms-of-High-Blood-Pressure-in-Women-.pdf

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