

[HOW HIGH IS HIGH BLOOD PRESSURE](#)



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Hypertension High Blood Pressure Health Center WebMD

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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How High Is Too High for Your Blood Pressure Health

Researchers found that people with pre-high blood pressure (blood pressure between 120/80 and 139/89) were 66 percent more likely to develop a stroke than people who had normal blood pressure.

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10 ways to control high blood pressure without medication

If you've been diagnosed with high blood pressure, you might be worried about taking medication to bring your numbers down. Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or

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Hypertension High Blood Pressure Charts Symptoms 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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What is High Blood Pressure American Heart Association

The primary way that high blood pressure causes harm is by increasing the workload of the heart and blood vessels making them work harder and less efficiently. Over time, the force and friction of high blood pressure damages the delicate tissues inside the arteries.

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What Is Considered High Blood Pressure Healthline

Blood pressure is determined by the amount of blood pumped by the heart and how easily blood flows through arteries. High blood pressure (hypertension) is when blood flows through your blood

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How to Prevent High Blood Pressure 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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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 National Heart Lung and Blood

High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood.

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High Blood Pressure 27 Foods You Should Avoid as Much as

High blood pressure is a common health issue, and one that requires active management. According to the

Centers for Disease Control and Prevention, one in three U.S. adults has high blood pressure

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