

## **WHAT 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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### **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. Secondary high blood pressure is caused by another medical condition or occurs as a side effect of a medicine.

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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.

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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 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 Symptoms of Hypertension**

But even without symptoms, high blood pressure can cause damage to your blood vessels and organs, especially the brain, heart, eyes, and kidneys. Early detection is important.

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