

[READING BLOOD PRESSURE](#)



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Blood Pressure Chart Numbers Normal Range Systolic

This force creates pressure on those blood vessels, and that's your systolic blood pressure. A normal systolic pressure is below 120. A reading of 120-129 is elevated.

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Blood Pressure Readings Explained

For a normal reading, your blood pressure needs to show a top number (systolic pressure) that s between 90 and less than 120 and a bottom number (diastolic pressure) that s between 60 and less than 80.

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Blood Pressure Blood pressure chart

Blood pressure chart. The top number is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.) The bottom one is your diastolic blood pressure. (The lowest pressure when your heart relaxes between beats.) The blood pressure chart below shows ranges of high, low and healthy blood pressure readings.

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Blood pressure chart What your reading means Mayo Clinic

Blood pressure chart: What your reading means. Your total blood pressure reading is determined by measuring your systolic and diastolic blood pressures. Systolic blood pressure, the top number, measures the force your heart exerts on the walls of your arteries each time it beats. Diastolic blood pressure, the bottom number,

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How to Read Blood Pressure 15 Steps with Pictures

Quick Summary. To get a blood pressure reading, place the cuff directly above the crook of your elbow. Make sure you are sitting upright in a supported chair and keep the arm with the cuff at heart level. After taking a few minutes to relax, inflate the cuff, wait until it deflates,, and then remove it.

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Blood Pressure Reading Blood Pressure Readings

Many of our cases use a blood pressure simulator for practice in reading blood pressure. For each case, you will be able to: 1) Inflate the simulator cuff. 2) Deflate the cuff. 3) Close the valve. 4) Determine systolic and diastolic values listening for Korotkoff Sounds. 5) Use either mercury or dial cuffs.

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Blood Pressure Reading

If your average blood pressure is over 140/90, you have high blood pressure. A single blood pressure reading of more than 140/90 doesn't necessarily mean that you have high blood pressure. It is likely that your doctor will want to monitor your blood pressure over a period of time to see if it stays there.

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