

## **BLOOD PRESSURE HOW TO READ**



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### **Causes of High Blood Pressure Risk Factors Weight Diet**

What Is "Normal" Blood Pressure? A blood pressure reading is written like this: 120/80. It's read as "120 over 80." The top number is called the systolic, and bottom number is called the diastolic.

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### **High blood pressure dangers Hypertension's effects on**

High blood pressure dangers: Hypertension's effects on your body. High blood pressure is a risk factor for more than heart disease. Discover what complications high blood pressure can cause.

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### **High Blood Pressure Facts cdc gov**

More than 360,000 American deaths in 2013 included high blood pressure as a primary or contributing cause. 2 That is almost 1,000 deaths each day.. High blood pressure increases your risk for dangerous health conditions: First heart attack: About 7 of every 10 people having their first heart attack have high blood pressure. 2 First stroke: About 8 of every 10 people having their first stroke

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### **Hypertension Wikipedia**

Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure typically does not cause symptoms. Long-term high blood pressure, however, is a major risk factor for coronary artery disease, stroke, heart failure, atrial fibrillation, peripheral vascular disease, vision

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### **Blood Wikipedia**

Blood is a body fluid in humans and other animals that delivers necessary substances such as nutrients and oxygen to the cells and transports metabolic waste products away from those same cells.. In vertebrates, it is composed of blood cells suspended in blood plasma. Plasma, which constitutes 55% of blood fluid, is mostly water (92% by volume), and contains proteins, glucose, mineral ions

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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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### **Home Remedies for High blood pressure Treatment Cure**

Actually, blood pressure is the force of blood with which it pushes the walls of the arteries as the heart pumps. Blood pressure is typically recorded as the systolic pressure over the diastolic pressure.

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### **Hypertension High Blood Pressure Control Heart**

High Blood Pressure. Hypertension, High Blood Pressure Control, Heart Palpitations, Arrhythmias, Mitral Valve Prolapse, and Blood Testing Information

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### **5 Herbs That Lower Blood Pressure Nature Hacks**

3. Holy Basil. Stress plays a destructive role in overall cardiovascular health and the adaptogenic properties of holy basil can help alleviate stress-related damage. It prevents stress-induced biochemical changes, improves energy levels and endurance, supports healthy immune functions and promotes healthy gastric tissue which is often subjected to damage during times of stress.

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#### **Health Topics National Heart Lung and Blood Institute**

Materials for patients and health professionals on health topics related to overweight and obesity, heart, lung, blood, and sleep disorders.

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#### **dabl Educational Trust Monitors for Self measurement of**

1: Dieterle T, Battegay E, Bucheli B, Martina B. Accuracy and 'range of uncertainty' of oscillometric blood pressure monitors around the upper arm and wrist.

<http://ebookslibrary.club/download/dabl-Educational-Trust-Monitors-for-Self-measurement-of--.pdf>

#### **Celery**

This chart graphically details the %DV that a serving of Celery provides for each of the nutrients of which it is a good, very good, or excellent source according to our Food Rating System.

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