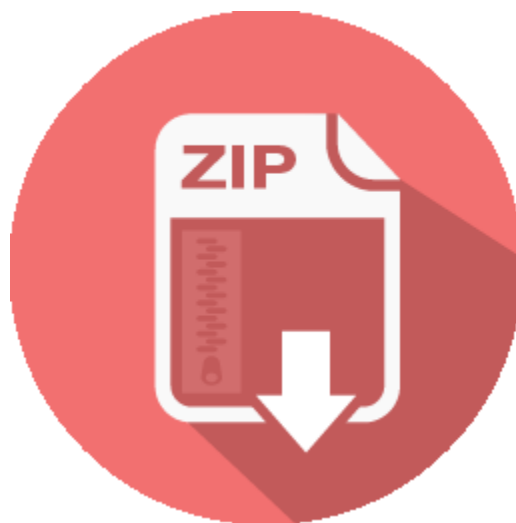


BLOOD PRESSURE FOR



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Blood Pressure Blood pressure chart

Blood pressure readings have two numbers, for example 140/90mmHg. 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.

<http://ebookslibrary.club/download/Blood-Pressure-Blood-pressure-chart.pdf>

Blood Pressure Chart Numbers Normal Range Systolic

If your blood pressure is elevated -- systolic blood pressure between 120 and 129 or diastolic blood pressure of less than 80 -- your doctor will probably want to check it every 3-6 months.

<http://ebookslibrary.club/download/Blood-Pressure-Chart-Numbers--Normal-Range--Systolic--.pdf>

Understanding Blood Pressure Ultimate BP by Age Chart

Blood pressure readings higher than 140/90 mm Hg indicate stage 2 hypertension, which is considered severe high blood pressure. This is a serious condition and requires immediate treatment - which includes eliminating the root causes of the condition.

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Blood pressure chart What your reading means Mayo Clinic

Diastolic blood pressure, the bottom number, measures the force your heart exerts on the walls of your arteries in between beats. Blood pressure readings fall into four general categories, ranging from normal to stage 2 high blood pressure (hypertension).

<http://ebookslibrary.club/download/Blood-pressure-chart--What-your-reading-means-Mayo-Clinic.pdf>

Blood pressure What is normal Medical News Today

Blood pressure readings consist of two figures - the systolic pressure first and the diastolic pressure second. The reading is given as, for example, 140 over 90 mmHg.

<http://ebookslibrary.club/download/Blood-pressure--What-is-normal--Medical-News-Today.pdf>

Hypertension Chart Understanding Your Blood Pressure

Blood pressure measures the extent of the force of blood on your blood vessel walls as your heart pumps. It is measured in millimeters of mercury (mm Hg). Systolic blood pressure is the top

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Normal Blood Pressure Chart for Women and Men Over 60 50

Normal Blood Pressure for Women. In keeping with the normal blood pressure levels, most women fall along the same lines as men. It should be noted, however, that the female body experiences many physiological changes.

<http://ebookslibrary.club/download/Normal-Blood-Pressure-Chart-for-Women-and-Men-Over-60--50--.pdf>

What the New Blood Pressure Guidelines Mean for You

If your blood pressure is over 120/80, lifestyle changes are in order, says Mary Norine Walsh, M.D., president of the American College of Cardiology and a cardiologist at St. Vincent Heart Center

<http://ebookslibrary.club/download/What-the-New-Blood-Pressure-Guidelines-Mean-for-You--.pdf>

High Blood Pressure Hypertension Information cdc gov

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke.

<http://ebookslibrary.club/download/High-Blood-Pressure--Hypertension--Information-cdc-gov.pdf>

Normal Blood Pressure for Women HerHaleness

Blood pressure is the pressure exerted by blood on the walls of the arteries. It is often measured along with the

vital signs like pulse rate, etc. It is measured in two parts: systolic blood pressure and diastolic blood pressure.
<http://ebookslibrary.club/download/Normal-Blood-Pressure-for-Women-HerHaleness.pdf>

New high blood pressure guidelines Think your blood

Now, elevated blood pressure (without a diagnosis of hypertension) is systolic blood pressure (the top number) between 120 and 129. That used to be a vague category called prehypertension. Stage 1 high blood pressure (a diagnosis of hypertension) is now between 130 and 139 systolic or between 80 and 89 diastolic (the bottom number).

<http://ebookslibrary.club/download/New-high-blood-pressure-guidelines--Think-your-blood--.pdf>

13 Foods That Lower Blood Pressure Healthline

Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood pressure can cause blood vessel damage that leads to heart disease, kidney

<http://ebookslibrary.club/download/13-Foods-That-Lower-Blood-Pressure-Healthline.pdf>

Blood pressure Wikipedia

Blood pressure (BP) is the pressure of circulating blood on the walls of blood vessels. Used without further specification, "blood pressure" usually refers to the pressure in large arteries of the systemic circulation .

<http://ebookslibrary.club/download/Blood-pressure-Wikipedia.pdf>

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