

HOW TO READ BLOOD PRESSURE



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Blood Pressure Readings Explained

If your blood pressure reading shows a top number of 140 or more, or a bottom number of 90 or more, it is considered stage 2 hypertension. At this stage, your doctor will recommend one or more medications for keeping your blood pressure under control. But you shouldn't rely solely on medications to treat hypertension.

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Blood Pressure Chart Numbers Normal Range Systolic

A normal diastolic blood pressure is lower than 80. But even if your diastolic number is lower than 80, you can have elevated blood pressure if the systolic reading is 120-129.

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Measure at the same time every day. Test your blood pressure at the same time every day. This helps ensure the most accurate reading. Consider measuring your blood pressure when you are most relaxed in the mornings and evenings. You may also want to ask your doctor the best time to run the test for your purposes.

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Blood Pressure Blood pressure chart

What blood pressure readings mean. As you can see from the blood pressure chart, only one of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure: 90 over 60 (90/60) or less: You may have low blood pressure. More on low blood pressure.

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Blood Pressure Measurement Explanation Simulator

Procedures. To begin blood pressure measurement, use a properly sized blood pressure cuff. The length of the cuff's bladder should be at least equal to 80% of the circumference of the upper arm. Wrap the cuff around the upper arm with the cuff's lower edge one inch above the antecubital fossa.

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How to Read Blood Pressure The 5 Rights of Proper Blood

How to Read Blood Correctly. The cuff needs to be positioned with the lower edge 1 inch above the antecubital fossa (the inside of your elbow fold). Lightly press the stethoscope over the brachial artery just below the edge of the cuff (above the inside elbow fold). Inflate the cuff to 180mm.

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Blood pressure chart What your reading means Mayo Clinic

Blood pressure chart: What your reading means. 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, measures the force your heart exerts on the walls of your arteries in between beats.

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