

## **WHEN BLOOD PRESSURE IS HIGH**



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The American Heart Association defines a normal blood pressure as less than 120/80. Elevated blood pressure ranges between 120/80 and 129/80, and high blood pressure is 130/80 and higher. In pregnancy normal blood pressure should be below 120/80.

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### **High blood pressure hypertension Symptoms and causes**

Overview. 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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### **Blood Pressure What is high blood pressure**

You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90, or higher, over a number of weeks. You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks.

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### **High Blood Pressure Symptoms Symptoms of Hypertension**

High blood pressure, or hypertension, occurs when your blood pressure increases to unhealthy levels. Your blood pressure measurement takes into account how much blood is passing through your blood vessels and the amount of resistance the blood meets while the heart is pumping. Narrow arteries increase resistance.

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### **High Blood Pressure**

Blood pressure is the force of blood pushing against the walls of arteries. When the doctor measures your blood pressure, the results are given in two numbers. The first number, called systolic blood pressure, is the pressure caused by your heart contracting and pushing out blood. The second number

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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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