

## [A HIGH BLOOD PRESSURE](#)



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It could help lower cholesterol and blood pressure. High blood pressure or hypertension increases the risk of heart disease and stroke. Hypertension risk factors include obesity, drinking too much

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### **High Blood Pressure National Heart Lung and Blood**

Primary, or essential, high blood pressure is the most common type of high blood pressure. This type of high blood pressure tends to develop over years as a person ages. Secondary high blood pressure. Secondary high blood pressure is caused by another medical condition or occurs as a side effect of a medicine.

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### **High Blood Pressure Symptoms Signs Causes Diet**

They develop high blood pressure at a younger age and develop more severe complications sooner in life. Age and Race: For adults who are older than 45 years old and do not have high blood pressure, the risk of developing the disease later in life is 93% for African-Americans, 92% for Hispanics, 86% for Caucasians, and 84% for Chinese.

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

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

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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### **High Blood Pressure Hypertension Signs Causes Diet**

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

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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 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.

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### **High Blood Pressure Hypertension MedlinePlus**

Primary, or essential, high blood pressure is the most common type of high blood pressure. For most people who get this kind of blood pressure, it develops over time as you get older. For most people who get this kind of blood pressure, it develops over time as you get older.

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