

[HOW TO READ YOUR BLOOD PRESSURE](#)



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Blood Pressure Readings Explained

Blood Pressure Readings Explained For a normal reading, your blood pressure needs to show a top number Elevated blood pressure. Numbers higher than 120/80 mm Hg are a red flag Hypertension: Stage 1. You ll generally be diagnosed with high blood pressure if your systolic blood

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Know Your Blood Pressure Numbers WebMD

But even if your diastolic number is lower than 80, you can have elevated blood pressure if the systolic reading is 120-129. 80-89 is stage 1 hypertension. 90 or more is stage 2 hypertension.

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How to Read Blood Pressure - Part 1 Getting Accurate Blood Pressure Readings Measure at the same time every day. Get ready to monitor your blood pressure. Sit properly for the test. Inflate the cuff to test. Remain calm. Take off the cuff. Do additional tests. Write down your results.

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Blood Pressure Blood pressure chart

Blood pressure chart for adults. Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.

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Blood Pressure Measurement Explanation Simulator

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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Blood pressure chart What your reading means Mayo Clinic

Your total blood pressure reading is determined by measuring your systolic and diastolic blood pressures.

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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