

# Blood pressure chart

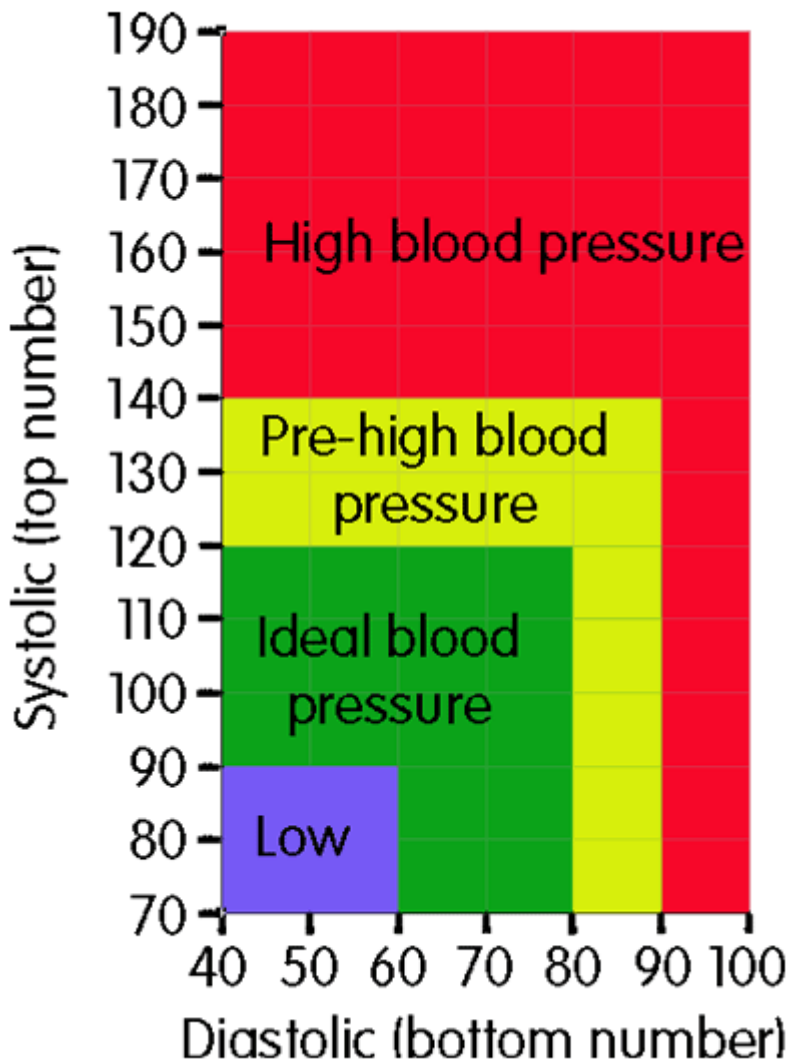
Using the blood pressure chart below you can know what your blood pressure means. The blood pressure chart is suitable for adults of any age because The level for high blood pressure does not change with age.

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

The top number is your **systolic** blood pressure which means the highest pressure when your heart beats and pushes the blood round your body. The bottom one is your **diastolic** blood pressure which says the lowest pressure when your heart relaxes between beats.

The blood pressure chart below shows ranges of high, low and healthy blood pressure readings.

**Blood pressure chart for adults**



[How to use this blood pressure chart:](#) To know 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.

### [What is the meaning of blood pressure readings ?](#)

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 than 90 over 60 (90/60) and less than 120 over 80 (120/80):** Your blood pressure reading is ideal and healthy.

- **More than 120 over 80 and less than 140 over 90 (120/80-140/90):** You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it.
- **140 over 90 (140/90) or higher (over a number of weeks):** You may have high blood pressure (hypertension).

## How Age Affects Blood Pressure

For infants, toddlers, and pre adolescent aged children, the doctors follow different guidelines and standards to define high blood pressure. Average readings tend to be lower at a younger age and increase with age. During late adolescence years i.e. around 17-19 yrs old doctor's typically begin to follow the standard adult guidelines for high blood pressure

As we grow old, our bodies become more susceptible and at higher risk of developing high blood pressure.

## Charted Blood Pressure Ranges

The following table will give you a rough guide to understanding blood pressure as we age. Start by taking your blood pressure to find your top number (systolic)& diastolic bottom number (diastolic) pressure, locate your age range in the right-hand column and see where your readings fall.

Age	Hypotension (low blood pressure)		Normal BP		Elevated		Hypertension Stage 1		Hypertension Stage 2	
	S	D	S	D	S	D	S	D	S	D
17-19	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
20-24	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
25-29	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
30-34	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
35-39	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
40-44	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
45-49	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
50-54	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
55-59	< 90	< 60	<120	< 80	120-129	<80	130-139	80-89	140+	90+
60+	< 90	< 60	120	<80	120-129	<80	130-139	80-89	140+	90+

*S = Systolic Pressure*

*D = Diastolic Pressure*

## What Affects Blood Pressure?

Personal characteristics which play a role in blood pressure readings are:

- **Gender and Blood Pressure**

According to the [National Institute on Aging](#), males are more likely to have high blood pressure before age 55, while normal blood pressure for women tends to see a rise in after menopause. Women are less likely than men to experience complications associated with high blood pressure.

However, regardless of differences in the prevalence and complications of high blood pressure between the sexes, treatment and diagnosis are the same for both men and women.

- **Normal Blood Pressure By Age**

In normal blood pressure for elderly & adults over 50, increasing systolic blood pressure is a major risk factor for heart disease. Systolic blood pressure tends to increase steadily over time due to stiff arteries, a build-up of plaque, and a higher rate of cardiac and vascular disease. This means older adults need to be even more vigilant about monitoring their blood pressure.

- **Height and Blood Pressure**

Taller people tend to have higher blood pressure because this offsets gravity and other factors to ensure the brain - the highest organ - gets enough blood flow and oxygen. However, the effect of height is minor, so it's not taken into account in blood pressure range guidelines

- **Genetics:** High blood pressure can run in families.

- **Normal Blood Pressure and Heart rate**

While a rising heart rate will increase blood flow through the body, it does not necessarily correspond with an increase in the *pressure* of that blood flow. This is because blood vessels have the ability to increase in size (dilate) to facilitate larger quantities of blood. Even if your heart rate were to double, your normal blood pressure & high pulse may only slightly increase blood pressure.

## **Understanding Blood Pressure Measurements**

Understanding blood pressure numbers is helpful when making your health a priority. Blood pressure is a measure of the force the circulating blood exerts on the blood vessel walls. Blood pressure readings consist of two numbers. The top number is the systolic blood pressure, and the bottom is the diastolic blood pressure (e.g. 120/80). Diagnosing high blood pressure only requires for one of these numbers to be outside of the specified range.

### **Systolic Pressure**

The force of the blood on the blood vessels when the heart beats.

### **Diastolic Pressure**

The force that exists *between* heart beats.

### **Normal Blood Pressure**

Normal blood pressure can range from 110 to 134 (systolic) over 75 to 87 (diastolic), depending on your age.

Recent updates by the American Heart Association now recognizes normal blood pressure as readings of 90/60 mm Hg or less

If your blood pressure reading is defined as 'normal', that means you are within the healthy range - which is great news for your arteries, heart, brain, and kidneys!

## [How to Maintain Normal Blood Pressure Level](#)

Here are some tips to help you keep your blood pressure reading within the normal and healthy range:

- **Eat a Balanced Diet**

A diet rich in fresh fruits and vegetables, whole grains, nuts, seeds, and lean protein sources like fish and beans goes a long way toward maintaining normal blood pressure and heart health.

Be sure to avoid processed foods, trans fats, and red meat, and cut down on your intake of sugar and saturated fat.

- **Reduce Salt Intake**

Season your food with herbs and spices instead of salt - which is known to raise blood pressure. The [American Heart Association](#) recommends an ideal limit of no more than 1,500 mg of sodium a day (a little over half a teaspoon of salt). Bear in mind that over 75% of our sodium intake comes from the salt already added to processed foods and restaurant meals, and not from the salt shaker.

A high salt intake throws off the balance of sodium and potassium in the body, increasing fluid retention, and putting excess strain on the kidneys and the blood vessels that serve them. Potassium-rich foods such as potatoes, bananas, avocado, sweet potato, and dark leafy greens will help lessen the effects of sodium.

- **Exercise Regularly**

Make sure to engage in regular activities to keep blood pressure within the normal range. Exercise causes the body to release nitric acid, which helps blood vessels to dilate, reducing blood pressure.

Regular activity also helps with weight loss, stress reduction, and heart health.

## [Frequently asked questions](#)

### 1.What is a normal blood pressure reading?

Ans:The American Heart Association (AHA) considers **blood pressure** to be within the **normal** range when both your systolic and diastolic **numbers** are in these ranges. ... A **normal** reading would be any **blood pressure** below 120/80 mm Hg and above 90/60 mm Hg in an adult.

### 2.What is a dangerously low blood pressure?

Ans:Hypotension is the medical term for low blood pressure (less than **90/60**). A blood pressure reading appears as two numbers. The first and higher of the two is a measure of systolic pressure, or the pressure in the arteries when the heart beats and fills them with blood.

### 3.Why my blood pressure is high in the morning?

Ans: **Blood pressure** increases when we first wake up due to the body's normal circadian rhythm. Circadian rhythm is a 24-hour cycle that affects our sleep/wake patterns. In the **morning**, the body releases hormones such as adrenaline and noradrenaline. ... If the **blood pressure** rises too **high**, it can cause harmful effects.

### 4.What is the normal blood sugar level for adults?

Ans:For someone without diabetes, a fasting blood sugar on awakening should be under **100 mg/dl**. Before-meal normal sugars are **70-99 mg/dl**. "Postprandial" sugars taken two hours after meals should be less than **140 mg/dl**.

### 5.What is the normal blood pressure range?

Ans:Follow a **healthy** lifestyle to keep it at this level. More than 120 over 80 and less than 140 over 90 (120/80-140/90): You have a **normal blood pressure** reading but it is a little higher than it should be, and you should try to lower it.

### 6.Is it bad to have low blood pressure?

Ans:What's considered **low blood pressure** for you may be normal for someone else. Most doctors consider **blood pressure** too **low** only if it causes symptoms. Some experts define **low blood**

**pressure** as readings **lower** than 90 mm Hg systolic or 60 mm Hg diastolic. If either number is below that, your **pressure** is **lower** than normal.

#### 7. Is it worse to have low or high blood pressure?

Ans: It is not true – an optimal **blood pressure** level is 120/80 mmHg or **lower**, and **high blood pressure** is 140/90 mmHg or higher, whatever your age. The **lower** your **blood pressure** the **lower** your risk of heart attack, heart failure, stroke and kidney disease will be.

#### 8. What time of day is blood pressure at its lowest?

Ans: **Blood pressure** is normally lower at night while you're sleeping. Your **blood pressure** starts to rise a few hours before you wake up. Your **blood pressure** continues to rise during the **day**, usually peaking in the middle of the afternoon. Then in the late afternoon and evening, your **blood pressure** begins dropping again.

#### 9. What blood sugar level is too low?

Ans: **Low blood sugar** is called hypoglycemia. A **blood sugar level** below 70 mg/dL (3.9 mmol/L) is **low** and can harm you. ... You are at risk for **low blood sugar** if you have diabetes and are taking any of the following diabetes medicines: Insulin.

#### 10. What should be the blood pressure at the age of 70?

Ans: The American College of Cardiology still recommends getting blood pressure below **140/90** in people up to 80 years old, and the American Heart Association says blood pressure should be under **140/90** until about age 75, at which point, Dr. Elliott Antman, the heart association's immediate past president, said, "we might

#### 11. Can running lower your blood pressure?

Ans: Regular physical activity makes your heart stronger. A stronger heart **can** pump more **blood** with less effort. If your heart **can** work less to pump, the force on your arteries decreases, **lowering** your **blood pressure**. ... For some people, getting some **exercise** is enough to **reduce** the need for **blood pressure** medication

### 12.What are the side effects of low blood pressure?

Ans:Most doctors will only consider chronically low blood pressure as dangerous if it causes noticeable signs and symptoms, such as:

- Dizziness or light headedness.
- Nausea.
- Fainting (syncope)
- Dehydration and unusual thirst.
- Dehydration can sometimes cause blood pressure to drop. ...
- Lack of concentration.
- Blurred vision.

### 13.What should you do if you have very low blood pressure?

Ans:But if **your blood pressure** drops suddenly or causes symptoms like dizziness or fainting, it is too **low**. It can cause shock. Shock can be dangerous if it is not treated right away. **Blood pressure** is a measure of how hard the **blood** pushes against the walls of your arteries as it moves through your body.

### 13.Can low blood pressure be cured?

Ans:For many people, chronic **low blood pressure** can be effectively **treated** with diet and lifestyle changes. Depending on the cause of your symptoms, your doctor may tell you to increase your **blood pressure** by making these simple changes: Eat a diet higher in salt. Drink lots of nonalcoholic fluids.

### 14.What is the danger zone of high blood pressure?

Ans:Physicians recommend that you maintain blood pressure at or below 120/80 **mmHg**, but high blood pressure is medically defined as any reading higher than 140/90**mmHg**. Readings of 121 to 139 systolic or 81 to 89 diastolic are considered pre hypertension, a warning that blood pressure may soon rise into the danger zone.

### 15.Can sleep affect blood pressure?



Ans: Possibly. It's thought that **sleeping** fewer than six hours a night could be linked to increased **blood pressure**. ... Obstructive **sleep** apnea may be the **cause**, and it **can** increase your risk of high **blood pressure**, as well as heart problems and other health issues.

16. What kind of exercise is good for high blood pressure?

**Cardiovascular**, or **aerobic**, exercise can help lower your blood pressure and make your heart stronger. Examples include **walking**, jogging, jumping rope, bicycling (stationary or outdoor), cross-country skiing, skating, rowing, high- or low-impact aerobics, swimming, and water aerobics.