

[HIGH BLOOD BLOOD PRESSURE%0A](#)



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Stage 1 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking one or more medications. 140 or higher: or: 90 or higher: Stage 2 high blood pressure (hypertension) Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

<http://ebookslibrary.club/download/Blood-pressure-chart--What-your-reading-means-Mayo-Clinic.pdf>

High blood pressure hypertension NHS

Blood pressure readings between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you do not take steps to keep your blood pressure under control. Everyone's blood pressure will be slightly different.

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High Blood Pressure Symptoms Hypertension Symptoms

One of the most dangerous aspects of hypertension is that you may not know that you have it. In fact, nearly one-third of people who have high blood pressure don't know it.

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Blood Pressure What is high blood pressure

You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks. If you have high blood pressure, this higher pressure puts extra strain on your heart and blood vessels. Over time, this extra strain increases your risk of a heart attack or stroke.

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High Blood Pressure Causes How To Prevent High BP

Most people have no single cause for high blood pressure. Some of the common causes of high blood pressure are stress and anxiety, lack of physical activity, excessive intake of alcohol, smoking, too much salt in diet and certain medications.

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Causes of High Blood Pressure Risk Factors Weight Diet

High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, or atherosclerosis

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What Is High Blood Pressure articles mercola com

High blood pressure, also known as hypertension, is a common and dangerous condition wherein the blood flows through the arteries at a pressure that is consistently higher than normal.

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17 Ways to Lower Your Blood Pressure healthline com

High blood pressure, or hypertension, is called the silent killer for good reason. It often has no symptoms, but is a major risk for heart disease and stroke.

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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.

<http://ebookslibrary.club/download/High-Blood-Pressure--Hypertension--Signs--Causes--Diet--.pdf>

13 Foods That Lower Blood Pressure healthline com

Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood pressure can cause blood vessel damage that leads to heart disease , kidney

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High blood pressure Causes symptoms and treatment

Blood pressure is the amount of force that blood exerts on the walls of the arteries as it flows through them.

When this pressure reaches high levels, it can lead to serious health problems.

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4 Ways to Reduce High Blood Pressure wikiHow

Know the stages of high blood pressure. If you have blood pressure above 120/80, you have high blood pressure.

The stages of high blood pressure change depending on the level of pressure in your heart. Blood pressures of 120-139 / 80-89 are considered prehypertension. Stage 1 Hypertension is 140-159 / 90-99.

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Blood Pressure Blood pressure chart

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

<http://ebookslibrary.club/download/Blood-Pressure-Blood-pressure-chart.pdf>

High Blood Pressure National Heart Lung and Blood

High blood pressure is a common disease in which blood flows through blood vessels, or arteries, at higher than normal pressures. Blood pressure is the force of blood pushing against the walls of your arteries as the heart pumps blood.

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