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web oct 27 2021 healthy a healthy blood pressure reading is less than 120 80 millimeters of mercury mm hg elevated the systolic number is between 120 and 129 mm hg and the diastolic number is less than web high blood pressure also referred to as hbp or hypertension is when your blood pressure the force of blood flowing through your blood vessels is consistently too high get the facts understanding blood pressure readings health threats from high blood pressure get down with your blood pressure learn how to monitor your

blood web may 18 2021 high blood pressure also called hypertension is blood pressure that is higher than normal your blood pressure changes throughout the day based on your activities having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure or hypertension web jul 12 2022 as a general goal aim for at least 30 minutes of moderate physical activity every day exercise can also help keep elevated blood pressure from turning into high blood pressure hypertension for those who have hypertension regular physical activity can bring blood pressure down to safer levels web elevated blood pressure is when readings consistently range from 120 129 systolic and less than 80 mm hg diastolic people with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition hypertension stage 1 web in general hypertension is a blood pressure reading of 130 80 mm hg or higher the american college of cardiology and the american heart association divide blood pressure into four general categories ideal blood pressure is categorized as normal normal blood pressure blood pressure is 120 80 mm hg or lower web aug 6 2021 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 web if your blood pressure is elevated a systolic blood pressure between 120 and 129 or diastolic blood pressure of less than 80 your doctor will probably want to check it every 3 6 months web mar 14 2023 high blood pressure increases the risk for heart disease and stroke two leading causes of death for americans 1 high blood pressure is also very common tens of millions of adults in the united states have high blood pressure and many do not have it under control web mar 24 2022 half of all americans have high blood pressure also known as hypertension and many don t even know they have it high blood pressure develops when blood flows through your arteries at higher than normal pressures your blood pressure is made up of two numbers systolic and diastolic

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