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Blood pressure What is blood pressure? Blood is carried around the body in tubes called blood vessels. The pumping of the heart keeps blood moving through the

Blood pressure - The Heart Foundation

A pressure of 140/85 mm Hg and higher is considered as increased one (while normal one is about 115-120 to 70-80 mm Hg). In 10% of all the cases, such increased blood pressure is caused by various diseases. This type of hypertension is called systematical. Let's try to understand, which reasons can cause high blood pressure.

Blood Pressure Protocol - Download free PDF eBooks at

High blood pressure - or hypertension - means that your blood pressure is higher than the recommended level. This increases your chance of having a heart attack or stroke

High blood pressure - British Heart Foundation

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This booklet is for people who want to know more about high blood pressure. It explains what high blood pressure is, why it is so important to control.

Booklet: Blood Pressure - British Heart Foundation

Knowing how to read a blood pressure chart can help you identify if you're at risk for hypertension. Learn what your blood pressure reading means.

Hypertension Chart: Understanding Your Blood Pressure

ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg ; low blood pressure is considered to be 90/60mmHg or lower ; A blood pressure reading between 120/80mmHg and 140/90mmHg could mean you're at risk of developing high blood pressure if you don't take steps to keep your blood pressure under control.

High blood pressure (hypertension) - NHS

Read about the main treatments for high blood pressure, including lifestyle changes and medication.

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