

WHAT IS BLOOD PRESSURE READING

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Blood Pressure : What is blood pressure?

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other. The first (or top) number is your systolic blood pressure. It is the highest level your blood pressure reaches when your heart beats. The second (or bottom) number is your diastolic blood pressure.

Low Blood Pressure - When Blood Pressure Is Too Low ...

The American Heart Association explains low blood pressure and how low is too low? Find out the symptoms of low blood pressure and the causes of low blood

Blood Pressure : Blood pressure chart

Use the blood pressure chart below to see what your blood pressure means. The blood pressure chart is suitable for adults of any age. (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.

Your Guide To Blood Pressure Numbers, Readings, and Charts

WebMD explains what diastolic and systolic blood pressure numbers mean and why it's important to keep track of them.

Blood pressure: What is normal? - Medical News Today

Blood pressure is essential to life because it forces the blood around the body, delivering all the nutrients it needs. Here, we explain how to take your blood pressure, what the readings mean, and what counts as low, high, and normal. The article also offers some tips on how to maintain healthy blood pressure.

Blood Pressure Readings Explained - Healthline

Blood pressure readings are expressed in millimeters of mercury. This unit is abbreviated as mm Hg. A normal reading would be any blood pressure below 120/80 mm Hg and above 90/60 mm Hg in an adult. If you're in the normal range, no medical intervention is needed.

What is normal blood pressure | The Heart Foundation

Your blood pressure can also be affected by things like your breathing, your emotions, exercise and sleep. These temporary rises are completely natural and your blood pressure will generally return to normal when you rest. The exact cause of high blood pressure is often not clear.

Blood pressure - Wikipedia

Blood pressure (BP) is the pressure of circulating blood on the walls of blood vessels. Used without further specification, "blood pressure" usually refers to the

pressure in large arteries of the systemic circulation.