

the high blood pressure pdf

KNOW THE FACTS ABOUT High Blood Pressure 1 What is high blood pressure? Blood pressure is the force of blood against your artery walls as it circulates

Know the Facts About High Blood Pressure

blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 139, or your diastolic pressure is 80 to 89 (or both), you have prehypertension. High blood pressure is a pressure of 140 systolic or higher and/or 90 diastolic or higher that stays high over time.

What Is High Blood Pressure? - American Heart Association

High blood pressure and stroke For more information visit stroke.org.uk 1 High blood pressure usually has no symptoms, but it is a contributing factor in around half of all strokes, making it the biggest single risk factor for stroke. This guide explains what high blood pressure is, the

High blood pressure and stroke - stroke.org.uk

you have high blood pressure, you need to take action. Fortunately, you can control most heart disease risk factors. Risk factors you can control: Risk factors beyond your control: High blood pressure Age (55 or older for men; 65 or older for women) Abnormal cholesterol Family history of early heart disease (having a father or

Your Guide to Lowering Blood Pressure - NHLBI, NIH

2 . living with High blood pressure. Moderate your alcohol intake 42 control diabetes and high cholesterol 44 reduce stress 44 avoid recreational drugs 45

LIVING WITH HIGH BLOOD PRESSURE

17 Understanding Underwriting Why are we concerned? If blood pressure is too high it puts strain on the blood vessels. This affects the heart, brain, kidneys, eyes and

High Blood Pressure - aviva.co.uk

FACT SHEET - Hypertension (High Blood Pressure) National Institutes of Health Updated October 2010 2 effects of intensive lowering of systolic blood pressure on We ...

Hypertension (High Blood Pressure)

High blood pressure is not usually something that you can feel or notice, but over time if it is not treated, your heart may become enlarged making your heart pump less effectively. This can lead to heart failure. Having high blood pressure increases your chance of having a heart attack or stroke.

High blood pressure - British Heart Foundation

NHS in England from conditions attributable to high blood pressure is over £2bn (including stroke, coronary heart disease, chronic kidney disease and dementia).6 High blood pressure costs the economy much beyond this indeed from clinical time and medication costs of managing high blood pressure as a condition in its own right, to the

Tackling high blood pressure From evidence into action

Find everything you need to know about high blood pressure (hypertension), including causes, symptoms,

diagnosis and treatment, with links to other useful resources.

High blood pressure (hypertension) - NHS

CHAPTER 12 HIGH BLOOD PRESSURE MARVIN MOSER, M.D. INTRODUCTION High blood pressure, or hypertension as the disease is known medically, is our most common chronic ill-

CHAPTER 12 HIGH BLOOD PRESSURE - Yale University

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

High blood pressure (hypertension) - Treatment - NHS

High blood pressure ... Why do I need to worry about high blood pressure? When your blood pressure stays high over ... (National Heart, Lung, and Blood Institute) - PDF;

High Blood Pressure | Hypertension | MedlinePlus

High blood pressure is one of the biggest risk factors for stroke. High blood pressure puts a strain on all the blood vessels in your body, including the ones leading ...

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