

READING YOUR BLOOD PRESSURE

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Blood Pressure : Blood pressure chart

More than 90 over 60 (90/60) and less than 120 over 80 (120/80): Your blood pressure reading is ideal and healthy. Follow a healthy lifestyle to keep it at this level. More than 120 over 80 and less than 140 over 90 (120/80-140/90): You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it. [How to Read Blood Pressure: 15 Steps \(with Pictures\) - wikiHow](#)

Measure at the same time every day. Test your blood pressure at the same time every day. This helps ensure the most accurate reading. [2] Consider measuring your blood pressure when you are most relaxed in the mornings and evenings. You may also want to ask your doctor the best time to run the

Blood Pressure Chart: Where Do Your Numbers Fit ...

Once you get your reading, you can see where on a blood pressure chart your levels place you. A healthy or normal blood pressure is considered less than 120/80 mm Hg (millimeters of mercury which is still how the measurement is presented, even though most new blood pressure monitors don't actually use mercury any more). [Blood Pressure Readings: Surprising Things That Affect Them](#)

If your arm isn't supported, blood pressure readings can get messed up. Your arm should be flat on a table or supported by the person taking your pressure; it shouldn't just be hanging in the air, says Dr. Goldberg. If your arm is too high or low, it can affect how hard your heart has to pump to keep blood flowing, which then affects your blood pressure.

Checking Your Blood Pressure at Home - WebMD

This reading is your systolic pressure (the force of the blood against the artery walls as your heart beats). Continue to slowly deflate the cuff. Listen carefully until the sound disappears.

Understanding Blood Pressure [Ultimate BP by Age Chart ...

If your blood pressure reading is defined as normal, that means you're within the healthy range - which is great news for your arteries, heart, brain, and kidneys! [How to Maintain Normal Blood Pressure Level](#). Here are some tips to help keep your blood pressure readings within the normal and healthy range: Eat a Balanced Diet ; A diet rich in fresh fruits and vegetables, whole grains, nuts

Blood Pressure Numbers, Readings, and Charts - WebMD

But even if your diastolic number is lower than 80, you

can have elevated blood pressure if the systolic reading is 120-129. 80-89 is stage 1 hypertension, 90 or more is stage 2 hypertension.

Blood Pressure Readings Explained - Healthline

For a normal reading, your blood pressure needs to show a top number (systolic pressure) that's between 90 and less than 120 and a bottom number (diastolic pressure) that's between 60 and less

What Is A Normal Blood Pressure Reading?

Understanding ...

"Imagine your body is a garden, the blood vessel is the garden hose, and your blood is the water. When you water your garden, you turn on the hose and the water comes out in a gentle stream that

Understanding Blood Pressure Readings | American Heart ...

Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise. Elevated blood pressure is when readings consistently range from 120-129

High blood pressure | Heart and Stroke Foundation

Blood pressure is a measure of the pressure or force of blood against the walls of your blood vessels (known as arteries). Your blood pressure reading is based on two measures called systolic and diastolic. The systolic (top) number is the measure of the pressure force when your heart contracts and pushes out the blood.

What Does My Blood Pressure Reading Mean? - Caring.com

The information below and in the related links is designed to help you understand what your latest blood pressure readings may mean for your health -- and to provide tips on what you can do to get or keep your blood pressure in a healthy zone.

How to Check Blood Pressure by Hand: Tips and More

These types of blood pressure cuffs have a digital monitor that will display your blood pressure reading on a screen. You can purchase these online, at most grocery stores, or at a health food store.

How to Interpret Your Blood Pressure Readings

Your reading is given in the form of two numbers. The highest one, the systolic pressure, reflects your blood pressure when your heart is pumping. The other number, the diastolic pressure, refers to the pressure when the heart is relaxed between beats. The two numbers are usually closely related in terms of changes between readings.

leading to a fairly constant gap between them. In other words