

WHAT IS A HIGH BLOOD PRESSURE

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[What Is Considered High Blood Pressure? - Healthline](#) High blood pressure (hypertension) is when blood flows through your blood vessels with excessive force or pressure. This is a common condition, but it shouldn't be ignored. High blood pressure

[High blood pressure | Heart and Stroke Foundation](#) Keep your blood pressure in check. High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease. High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal to pump blood through the blood vessels.

[Blood Pressure : What is high blood pressure?](#) You probably have high blood pressure (hypertension) if your blood pressure readings are consistently 140 over 90, or higher, over a number of weeks. You may also have high blood pressure if just one of the numbers is higher than it should be over a number of weeks.

[High Blood Pressure \(Hypertension\) Signs, Causes, Diet ...](#)

High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

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[High blood pressure: Causes, symptoms, and treatment](#) Blood pressure is the amount of force that blood exerts on the walls of the arteries as it flows through them. When this pressure reaches high levels, it can lead to serious health problems.

[Causes of High Blood Pressure - Risk Factors: Weight, Diet ...](#)

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.

[13 Foods That Are Good For High Blood Pressure - Healthline](#)

Hypertension, or high blood pressure, refers to the pressure of blood against your artery walls. Over time, high blood pressure can cause blood vessel damage that leads to heart

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disease, kidney

[High Blood Pressure - eMedicineHealth](#)

High blood pressure (hypertension) is known as the "silent killer" since it has no initial symptoms, but can lead to long-term disease and complications. Many individuals have high blood pressure, but do not know it. How the heart pumps blood into the arteries with enough force to push blood to the

[What Are the Symptoms of High Blood Pressure in Women?](#)

Blood pressure is the force of blood pushing against the inside lining of the arteries. High blood pressure, or hypertension, occurs when that force increases and stays higher than normal for a

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Yoga Teacher Training Bali: High blood pressure or hypertension is a rapidly increasing health problem in today's western society.