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in brief your guide to lowering your blood pressure with Oct 31 2022 high blood pressure hypertension research shows that high blood pressure can be prevented and lowered by following the dietary approaches to stop hypertension dash eating plan which includes eating less sodium high blood pressure is blood pressure higher than 140 90 mmhg blood pressure is usually measured in millimeters of

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choosing blood pressure medications mayo clinic Mar 24 2022 jan 15 2022 as a result the heart doesn t pump as hard and the blood flows more easily through the veins and arteries vasodilators these medications prevent the muscles in the veins and arteries from tightening and narrowing as a result blood flows more easily and the heart doesn t have to pump as hard aldosterone antagonists

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dehydration and blood pressure what s the connection healthline Apr 12 2021 jan 15 2020 high blood pressure is when you have a systolic top number reading of 140 mm hg or higher or a diastolic bottom number reading of 90 mm hg or higher dehydration has been linked to high

[blood pressure test nhs](#) Jan 22 2022 for example a blood pressure given as 120 over 80 or 120 80mmhg means a systolic pressure of 120mmhg and a diastolic pressure of 80mmhg as a general guide normal blood pressure is considered to be between 90 60mmhg and 120 80mmhg high blood pressure is considered to be 140 90mmhg or higher low blood pressure is considered to be 90 60mmhg

what is high blood pressure american heart association May 14 2021 oct 31 2016 when the heart beats it creates pressure that pushes blood through a network of tube shaped blood vessels which include arteries veins and capillaries this pressure blood pressure is the result of two forces the first force systolic pressure occurs as blood pumps out of the heart and into the arteries that are part of the

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