

How To Watch And Control Your Blood Pressure.pdf

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[High Blood Pressure \(Hypertension\) Information | cdc.gov](#)

Mon, 30 Jul 2018 02:57:00 GMT

High blood pressure is a common and dangerous condition. Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. But you can take steps to control your blood pressure and lower your risk of heart disease and stroke. About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure. 1 Only about half (54%) of these people have ...

[About High Blood Pressure \(Hypertension\) | cdc.gov](#)

Tue, 17 Jul 2018 23:58:00 GMT

[Understanding Blood Pressure Readings](#)

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Use our blood pressure chart to learn what your blood pressure numbers mean. Systolic, diastolic? The American Heart Association helps you understand the various levels of blood pressure and how high blood pressure or hypertension is defined. Also learn about prehypertension, hypertension, hypertensive crisis, and what is a healthy blood pressure.

[High Blood Pressure and Women - heart.org](#)

Sun, 28 Jan 2018 23:59:00 GMT

The American Heart Association explains higher risk for high blood pressure, also called hypertension, in women including birth control and high blood pressure, pregnancy and preeclampsia, Pregnancy Induced Hypertension (PIH), toxemia of pregnancy and menopause and high blood pressure.

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Fri, 06 Dec 2013 07:58:00 GMT

This is a guest post by Laura Schoenfeld, a Registered Dietitian with a Master's degree in Public Health, and staff nutritionist and content manager for ChrisKresser.com. You can learn more about Laura by checking out her blog or visiting her on Facebook. High blood pressure, also known as hypertension, is a serious and common condition that can lead to life-threatening diseases such as ...

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