

HOW TO READ BLOOD PRESSURE

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How to Read Blood Pressure. In this Article: Article Summary Getting Accurate Blood Pressure Readings Interpreting Your Test Results Community Q&A 19 References. Your blood pressure shows how much your body has to work to pump blood to your organs. It can be low (hypotension), normal, or high (hypertension). Having hypotension or hypertension can cause medical conditions like heart disease or

[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

[How to Read Blood Pressure: The 5 Rights of Proper Blood ...](#)

How to Read Blood Pressure Or 5 Easy Ways to Lower Your Blood Pressure. When it comes to 'how to read blood pressure,' there is a little know problem that is costing you the consumer both your health and your wealth.

[Blood Pressure : Blood pressure chart](#)

Blood pressure chart for adults. Using this blood pressure chart: To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart.

[Understanding Blood Pressure \[Ultimate BP by Age Chart ...](#)

Blood pressure readings higher than 140/90 mm Hg indicate stage 2 hypertension, which is considered severe high blood pressure. This is a serious condition and requires immediate treatment - which includes eliminating the root causes of the condition.

[Blood Pressure Monitoring at Home - familydoctor.org](#)

Look at the display screen to get your blood pressure reading. It will show your systolic and diastolic pressures. Write down the measurement in your record. The systolic pressure goes in front of the diastolic pressure. For example, 120/80.

[Blood Pressure Numbers, Readings, and Charts - WebMD](#)

In a blood pressure reading, the systolic number always comes first, and then the diastolic number. For example, your numbers may be "120 over 80" or written as 120/80. For example, your numbers

[How to Take a Blood Pressure Reading Correctly -](#)

Drugs.com

Blood pressure (BP) is the force or pressure that blood puts on the walls of your arteries as it goes through your body. BP readings are usually written as 2 numbers. The first or top number is called systolic BP. The second or bottom number is called diastolic BP. Normal BP is less than 120/80.