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The meaning of your reading your blood pressure can be tricky, but we broke it to help you better understand what the numbers mean. Understanding your blood pressure reading blood pressure readings includes two numbers, one above the other. For example, reading can be presented as 120/80. Systolic pressure, the upper number, is the pressure on the arteries when the heart beats and pumps blood. Diastolic pressure, the lower number, is the pressure on the arteries between the heartbeats. Although both systolic and diastolic measures are important, studies have shown that systolic pressure is a strong predictor of heart problems caused by high blood pressure, especially among older adults. Normal blood pressure is less than 120/80. New blood pressure guidelines In late 2017, the American Heart Association and the American College of Cardiology announced updated guidelines for high blood pressure. The new guidelines are based, in particular, on studies conducted and funded by the National Heart, Lung and Blood Institute (NHLBI) at NIH. According to the updated AHA/ACC guidelines, if you have systolic blood pressure of 130 or higher, you are considered to have high blood pressure. The old guidelines set high blood pressure rates at 140 or higher. These new guidelines have been reported by a number of clinical studies that have shown that lifestyle changes can help people at high risk lower their blood pressure and could ultimately save lives. These changes include heart healthy eating, weight loss, and exercise as key first steps in achieving lower blood pressure goals. One of the studies that helped inform the guidelines was the SPRINT (Systolic Blood Pressure Intervention) test, which was supported by the NHLBI. SPRINT studied 9,300 adults, aged 50 and older, with a risk of cardiovascular disease from across the United States. It showed that achieving a lower blood pressure target of 120 mmHg, (instead of 140) reduced the rate of cardiac events by about 25 percent and the overall risk of death by 27 percent. Talk to your doctor you can measure your blood pressure at home with a monitor and in your health care provider's office. Some people have higher blood pressure readings in the doctor's office because of the stress that appointments can create. It is known as the hypertension of the white coat. Be sure to talk to your gp about your blood pressure reading and any follow-up steps you should take. Go to Anxiety content one in three American adults has high blood pressure. Known medically as hypertension, many people do not know what they are because high blood pressure has no symptoms or warning signs. But when high blood pressure is accompanied by abnormal cholesterol and blood sugar levels, damage to the arteries, kidneys and heart accelerates exponentially. Fortunately, high blood pressure is easy to detect and treat. In special health care Your blood pressure, learn how to keep your blood pressure in a healthy range simply by making lifestyle changes, such as losing weight, increasing activity, and eating healthier. An alarming one in three American adults has high blood pressure. Known medically as hypertension, many people do not even know what they are because high blood pressure has no symptoms or warning signs. But when high blood pressure is accompanied by abnormal cholesterol and blood sugar levels, damage to the arteries, kidneys and heart accelerates exponentially. Fortunately, high blood pressure is easy to detect and treat. Sometimes people can keep blood pressure in a healthy range simply by making lifestyle changes such as weight loss, increased activity, and eating more healthily. This report details these changes, including a special section that includes a variety of ways to reduce excess salt from your diet - a policy strongly recommended by the new federal guidelines. This report also includes tips on how to use a home blood pressure monitor, as well as tips on choosing a drug treatment strategy based on your age and any other existing medical problems that you may have. Prepared by editors of Harvard Health Publishing in consultation with Randall M. Susman, M.D., Associate Professor of Medicine, Harvard Medical School and Director, Hypertension Division, Division of Cardiology, Massachusetts General Hospital. 53 pages. (2018) Basics of Blood Pressure Understanding Numbers How Blood Pressure Changes Types of High Blood Pressure Major Hypertension Secondary Hypertension White Hypertension Planted Hypertension Underline Hypertension Persistent Hypertension Malignant Hypertension Malign hypertension during pregnancy What puts you at risk of high blood pressure? Risk Factors You Can't Change Controlled Risk Factors As High Blood Pressure Harms Your Health Stroke of Coronary Heart Disease Fibrillation Kidney Disease Kidney Disease Eye Diagnosis High Blood Pressure Measuring Blood Pressure in Home Lifestyle Changes to Lower Blood Pressure Stop Smoking Achieving Healthy Weight Follow Healthy Diet Be Active Stress Less SPECIAL SECTION SECTION A: Conquering Your Salt Habit Medications for Lowering Blood Pressure Classes Drugs to Lower High Blood Pressure The Right Drug for the Right Person Glossary Resources No reviews have been left for this report. Log in and leave your own review. Inactivation of renin, which is made by the kidneys, can open the door to improve blood pressure. With more than a hundred drugs pressure is already on the market, FDA approval of another may seem ho-hum news. It's actually more exciting than that. It's the first new class of blood pressure medication in a decade, and it has an action mechanism that can go beyond just lowering blood pressure, says says Naomi D. Fisher, who runs the hypertension service at Harvard's Brigham and Women's Hospital. Hospital.

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