What Conditions Can Result From Hypertension?

Hypertension is significant because no symptoms, only by performing careful measurements of the blood pressure can one know if it is normal or high. Therefore, regular monitoring is essential. In recent instance, the blood pressure will be found to be normal when measured. It is important when and during exercise, especially when active, for the blood pressure may increase. Periodic testing does not rely on just one type of test. Blood pressure is measured using a cuff that is placed on the upper arm. This is called high blood pressure, or hypertension. The term by which the pressure of the blood inside the arteries was high over a long period of time, is called high blood pressure, or hypertension.

What Is Hypertension?

Hypertension is the term used to describe blood pressure that is higher than normal. It is also called high blood pressure. Hypertension can be caused by a variety of factors, including obesity, smoking, stress, and lack of exercise.

What Is Normal Blood Pressure?

The normal range for blood pressure is typically considered to be less than 120/80 mmHg. This means that the top number (systolic pressure) should be less than 120 mmHg, and the bottom number (diastolic pressure) should be less than 80 mmHg.

What Causes Hypertension?

Several factors can contribute to hypertension, including genetics, age, obesity, and lifestyle choices such as smoking and lack of exercise. Other factors that may increase the risk of hypertension include high salt intake, high alcohol consumption, and certain medications or medical conditions.