

Understanding Blood Pressure: Insights from The Doctor Edges Team

Blood pressure refers to the force exerted by circulating blood against the walls of the arteries. This force is necessary for the delivery of oxygen and nutrients throughout the body.

Interpreting Blood Pressure Numbers

Blood pressure readings consist of two numbers:

-Systolic Pressure (Top Number): Indicates the pressure in the arteries when the heart beats and contracts.

- Diastolic Pressure (Bottom Number): Reflects the pressure in the arteries when the heart is at rest between beats.

High Blood Pressure (Hypertension):

High blood pressure (hypertension) is defined by readings exceeding 140/90 mmHg and may lead to serious complications but often presents without symptoms. Risk factors include smoking, obesity, and physical inactivity, and treatment may involve lifestyle changes or medication.

Low Blood Pressure (Hypotension):

Low blood pressure (hypotension) is defined by readings below 90/60 mmHg and is associated with dizziness, lightheadedness, and fainting. Causes may include pregnancy, dehydration, or certain medical conditions.

Tips for Blood Pressure Management:

1. Exercise Regularly: Consult with Doctor Edges before initiating any exercise regimen.
2. Limit Alcohol Intake: Excessive alcohol consumption can elevate blood pressure.
3. Maintain a Healthy Weight: Balanced diet and regular exercise aid in weight management.
4. Consider Medications: Depending on individual circumstances, medication may be prescribed.
5. Reduce Caffeine Intake: High caffeine levels can exacerbate hypertension.
6. Prioritize Rest: Sufficient sleep and relaxation techniques contribute to overall well-being.

Treatment Approach: High blood pressure management may involve lifestyle modifications, medication, or a combination of both.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120