

BLOOD PRESSURE

Blood pressure is the pressure the blood exerts against the walls of the arteries. This amount of pressure depends on the strength and rate of the hearts contractions, the volume of blood of the circulatory system, and the elasticity of the arteries.

Normal blood pressure depends on the individual, but usually normal blood pressure is approximately 120/80 mm Hg. Systolic blood pressure is the top number and represents the maximum pressure of the arteries as the heart contracts and pumps blood throughout the body. The bottom number (diastolic) represents the minimum blood pressure as the heart relaxes following the initial contraction.

A single blood pressure reading should not be considered abnormal unless it is very low. Blood pressure can be high due to anxiety, stress, physical activity, high alcohol consumption, high salt consumption, obesity, caffeine, cigarette smoking, and different types of medication/drugs.

High blood pressure (hypertension) is a disorder than can be treated. This can be done though exercise, good nutrition, and medication. Without getting the blood pressure to a normal reading you can open yourself up to heart problems, kidney issues, and damage to the blood vessels.

Low blood pressure (hypotension) is often a side effect of medication or diabetes, and can cause people to feel light headed and a bit woozy. This is mainly seen when the person with low blood pressure gets up too quickly. Most cases of hypotension get better without treatment.

There are some ways in which you can keep your blood pressure in the normal zones:

- Eat low fat foods
- Decrease your salt intake
- Exercise regularly
- Quit smoking
- Decrease alcohol consumption
- Decrease body fat and increase your fat free mass
- Cut back on caffeine
- Try to find ways to relax when you are stressed

Blood pressure can be controlled and by following the above checklist you can see that it is not that difficult...

PUSH_ the right button