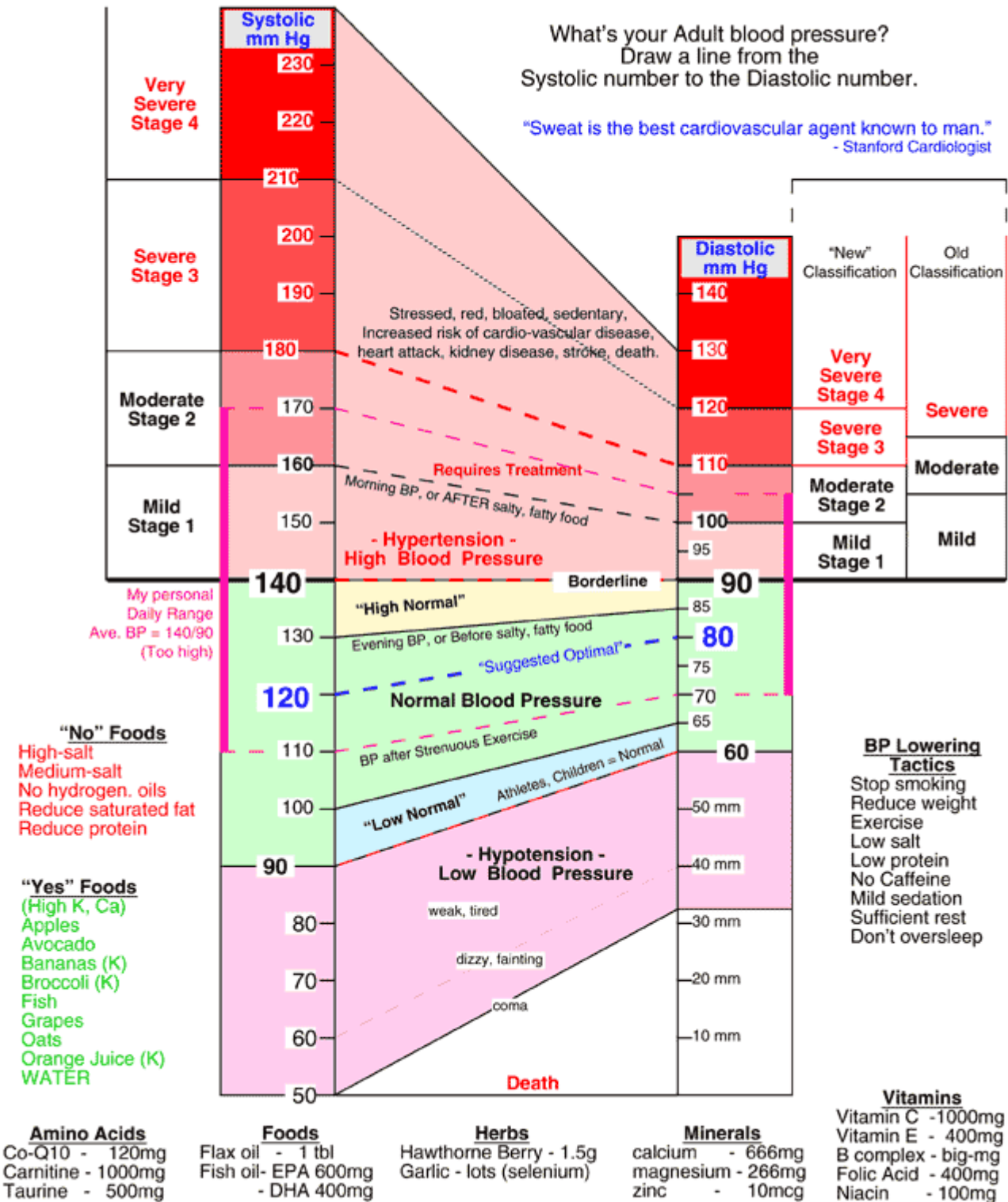


Blood Pressure Chart

What's your Adult blood pressure?
Draw a line from the Systolic number to the Diastolic number.

*"Sweat is the best cardiovascular agent known to man."
- Stanford Cardiologist*



These are the personal thoughts of the author - nothing is implied, promised or guaranteed - no advice is intended.

Human Blood Pressure Range Diagram

The 1st Number: Systolic pressure is the pressure generated when the heart contracts.

The 2nd Number: Diastolic pressure is the blood pressure when the heart is relaxed.

What is Normal Blood Pressure? Buy and use a blood pressure monitor. Compare your BP reading with the numbers on the chart above. Draw a line from your systolic pressure to your diastolic pressure.

Is the slope of the line about the same as shown on the chart? Where do YOU fit in? What are your risk factors?

Are your blood pressure readings within the normal blood pressure range? Should you take anti-hypertension medication to lower your blood pressure? Normal human daily Blood Pressure Range can vary widely, so any single blood pressure monitor reading is not reliable. BP monitor readings must be taken at different times of day, to determine AVERAGE blood pressure over time.

What is important is your AVERAGE BP, or MAP (Mean Arterial Pressure) over time. Or, where are those numbers sitting MOST of the time?

Normal MAP is about 93 mm of mercury.

Blood Pressure Range Chart Notes

HIGH Blood Pressure Symptoms -Stressed, Sedentary, Bloating, Weak, Failing Systolic - Diastolic

210 - 120 - Stage 4 High Blood Pressure

180 - 110 - Stage 3 High Blood Pressure

160 - 100 - Stage 2 High Blood Pressure

140 - 90 - Stage 1 High Blood Pressure

140 - 90 - BORDERLINE HIGH

130 - 85 - High Normal

120 - 80 - NORMAL Blood Pressure

110 - 75 - Low Normal

90 - 60 - BORDERLINE LOW

60 - 40 - TOO LOW Blood Pressure

50 - 33 - DANGER Blood Pressure

LOW Blood Pressure Symptoms -Weak, Tired, Dizzy, Fainting, Coma

Article from Ng Y K & B L Gan