

## HOW CAN YOU GET HIGH BLOOD PRESSURE%0A

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## 17 Effective Ways to Lower Your Blood Pressure - Healthline

Here s 17 ways to lower your blood pressure, such as exercises to do and foods to avoid. Learn how garlic and dark chocolate can benefit you, why alcohol won t, which supplements to try, and more.

### 10 ways to control high blood pressure without medication ...

Even a small reduction in the sodium in your diet can improve your heart health and reduce blood pressure by about 5 to 6 mm Hg if you have high blood pressure. The effect of sodium intake on blood pressure varies among groups of people.

### Blood Pressure : How to lower your blood pressure

An unhealthy lifestyle will raise your blood pressure over time. And the higher your blood pressure becomes, the higher your risk of having a stroke or heart attack in the future. But the good news is that if you have high blood pressure, healthy changes will help to bring it down. And you don't have to wait until you have high blood pressure to make healthy lifestyle changes. The more you can reduce your blood pressure, the lower your risk of a heart attack or stroke will be.

### How High Can Blood Pressure Go? | Our Everyday Life

Very High Blood Pressure. High blood pressure is considered to be anything over 140/80 because even if the blood pressure is slightly high, it can still do the same damage over the long term. Blood pressure can go as high as 220/120. These levels are dangerously high, and they can result in stroke, internal hemorrhage, cerebral edema or death.

### Causes of High Blood Pressure - Risk Factors: Weight, Diet ...

High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood out to the body and contributes to hardening of the arteries, or atherosclerosis.

### High blood pressure | Heart and Stroke Foundation

Keep your blood pressure in check. High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease. High blood pressure is when the blood pressure in your arteries is elevated and your heart has to work harder than normal to pump blood through the blood vessels.

### What Causes High Blood Pressure? 10 Reasons You Have ...

While the most noticeable way that sitting all day results in

high blood pressure (aka hypertension) is by promoting fat storage and weight gain. it's also true that the less you get your heart pumping and working during the day, the less effective it will become at doing its job over time, Campbell says.