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, Bloated, 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

www.stanleycham.com