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Blood pressure and pulse rate chart by age

Blood pressure and heart rate chart by age. What is a normal blood pressure and pulse reading. Normal blood pressure and pulse rate chart by age. What should be normal bp and pulse rate.

This graph represents that: 90 out of 60 (90/60) or less: you may have a low blood pressure. More than 90 out of 60 (90/60) and less than 120 out of 80 (120/80): reading blood pressure is ideal and healthy. Follow a healthy lifestyle to keep it at this level. More than 120 out of 80 and less than 140 out of 90 (120 / 80-140 / 90): you have a normal reading of blood pressure, but it's a little higher than it should be, and you should try to lower it. Make healthy changes to your lifestyle. 140 out of 90 (140/90) or higher (over a number of weeks): you can have high blood pressure (hypertension). Change your lifestyle à € "see your doctor or nurse and take any medicine they will give you. Still on high blood pressure. Frequently asked questions: How to treat dizziness caused by hypertension? Is high blood pressure a sort of deadly disease? Is the massage beneficial for the heart? * Content is not intended to be a professional medical consultancy substitute, diagnosis or treatment. Always look for the advice of your doctor or other qualified health provider with any questions you can have as regards a medical condition. Facebook Twitter LinkedIn Pinterest Preparation For an emergency safety heart of everyday and pressure / high-pressure hyperension Vital signs are measures of the most fundamental functions of the body. The four main routine monitored vital signs from professional doctors and healthcare professionals include the following: body temperature breathing rate of the wrist (breathing rate) Blood pressure (the pressure of the bone is not considered a vital sign, but it is often Measured with vital signs.) Vital signs are useful for detecting or monitoring medical problems. Vital signs can be measured in a medical environment at home, on the site of a medical emergency, or elsewhere. What is body temperature? The normal body temperature of a person varies depending on the kind, recent activity, consumption of food and fluids, day time and, in women, of the menstrual cycle phase. The normal body temperature can vary from 97.8 degrees F (or Fahrenheit, equivalent to 36.5 degrees C, or Celsius) at 99 degrees F (37.2 degrees C) for a healthy adult. The body temperature of a person can be taken in one of the following ways: Orally. The temperature can be taken in the mouth using both the classic glass thermometer, and the most modern digital thermometers that use an electronic probe to measure body temperature. Repeatedly. The temperatures taken straight manner (using a digital thermometer or glass) tend to be 0.5 to 0.7 degrees F higher than when hired by mouth. Axillary. Temperatures can be taken under the arm using a glass or a digital thermometer. Temperatures taken from this path tend to be from 0.3 to 0.4 degrees F less than those temperatures taken by mouth. In ear. A special thermometer can quickly measure the temperature of the ear drum, which reflects the body temperature (the temperature of the internal organs). For skin. A special thermometer can quickly measure the skin temperature over the forehead. The body temperature can be abnormal due to fever (high temperature) or hypothermia (low temperature). A fever is indicated when body temperature increases by about one degree or more than the normal temperature of 98.6 degrees Fahrenheit, according to the American Academy of family doctors. Hypothermia is defined as a drop of body temperature less than 95 degrees Fahrenheit. About the glass thermometers containing mercury according to the agency for environmental protection, mercury is a toxic substance that poses a threat to the health of human beings, as well as for the environment. Due to the risk of breakage, glass thermometers Mercury must be removed from use and properly arranged in accordance with local, state and federal laws. Contact your local health department, waste disposal authority or fire department for information on how to properly place mercury thermometers. What's the heart rate? Heart rate is a heart rate measurement, or number of timesbeats a minute. while the heart pushes blood through the arteries, the arteries expand and contract with the blood flow. take a pulse not only measures the heart rate, but can also indicate the following: pulse strength heart rate normal healthy adult wrist ranges from 60 to 100 beats per minute. pulse rate can fluctuate and increase with exercise, disease, injuries and emotions. females of age 12 and older, in general, tend to have heart rates faster than those of males, athletes, like runners, who make a lot of cardiovascular conditioning, can have heart rates near 40 beats per minute and not experience problems. While the heart forces blood through the arteries, it feels the beats pressing firmly on the arteries, which are located near the skin surface at certain points of the body. the wrist is on the side of the neck, inside the elbow, or on the wrist. for most people, it is easier to take the wrist. If you use the lower neck, make sure you do not press too hard, and never press the impulses on both sides of the neck below at the same time to avoid blocking the blood flow to the brain. when you take the wrist: oando the first and second tip of your fingers, press firmly but gently on the arteries until you feel a wrist. start counting the wrist when the second hand of the clock is on 12. count the pulse for 60 seconds (or for 15 seconds and then multiply for four to calculate beats per minute.) when you count, do not constantly look at the clock, but focus on the pulse beats. If you are not sure of your results, ask another person to count for you. if your doctor has ordered to check your wrist and you are having difficulty finding it, consult your doctor or nurse for further instructions. What is the breathing rate? breathing rate is the number of breaths a person takes per minute. the rate is usually measured when a person is at rest and simply involves count of the number of breaths for a minute counting how many times the breast rises. breathing rates can increase with fever, disease and other medical conditions. when breathing occurs, it is important to note even if a person has difficulty breathing. normal breathing rates for a resting adult vary from 12 to 16 breaths per minute. What is blood pressure? blood pressure is the force of blood that pushes against the walls of the artery during contraction and relaxation of the heart. every time the heart beats, pumps blood into the arteries, resulting in increased blood pressure as the heart contracts. when the heart relaxes, blood pressure falls. Two numbers are recorded when measuring blood pressure. the highest number, or systolic pressure, refers to pressure inside the artery when the heart contracts and pumps blood through the body. the lower number, or diastolic pressure, refers to pressure inside the artery when the heart is resting and fills with blood. both systolic and diastolic pressures are recorded as "mm hg" (millimeters of mercury.) this recording represents the height of the mercury column in a long-time manual blood pressure device (called a mercury or skewer gauge) is lifted by blood pressure. Today, the doctor's office is more likely to use a simple dial for this measure. high blood pressure, or hypertension, directly increases the risk of heart attack, heart failure and stroke. with high blood pressure, arteries can have greater resistance against blood flow, causing the heart to pump harder to circulate blood. theSanguine is classified as normal, high or phase 1 or phase 2 high blood pressure: normal blood pressure is less than 120 and diastolic of less than 80 (120/80) High blood pressure is 120 to 129 and diastolic less than 80 phase 1 high pressure is systolic is 130 to 139 or diastolic between 80 to 89 phase 2 high blood blood pressure When systolic is 140 or higher or diastolic is 90 or higher, these numbers should only be used as a guide. A single measurement of blood pressure that is higher than normal is not necessarily an indication of a problem. The doctor will want to see more blood pressure measurements for several days or weeks before making a diagnosis of high pressure and initial treatment. Ask your supplier when contacting it if blood pressure readings are not within the normal range. Why should I monitor my blood pressure at home? For people with hypertension, home monitoring allows your doctor to monitor how much blood pressure changes during the day and day by day. This could also help your doctor determine how effectively works the medication for blood pressure. What special equipment is necessary to measure blood pressure? Or an anyruoid monitor, which has a pressure gauge and is read by looking at a digital pointer or monitor, in which the reading of the blood pressure flashes on a small screen, can be used to measure blood pressure. Information on the Aneroid monitor The Aneroid monitor is less expensive than the digital monitor. The bracelet is belled by hand squeezed a rubber light bulb. Some units also have a special feature to make it easier to put the bracelet with one hand. However, the unit can be easily damaged and become less accurate. Because the person who used must listen to heart beats with stethoscope, may not be appropriate for hearing aid. Information on the digital monitor The digital monitor is automatic, with measurements that appear on a small screen. Because the recordings are easy to read, this is the most popular blood pressure measuring device. It is also easier to use than the aneroid unity, and since it is not necessary to listen to heartbeats through stethoscope, this is a good device for patients with acoustic problems. A disadvantage is that the movement of the body or an irregular heart rate can change precision. These units are even more expensive than aneroid monitors. About the testing of blood pressure monitors and wrists have shown that the finger and / or blood pressure devices of the wrist are not accurate in the blood pressure measurement like other types of monitors. Moreover, they are more expensive than other monitors. Before measuring blood pressure: The American Heart Association recommends the following guidelines for monitoring domestic arterial pressure: do not smoke or drink coffee for 30 minutes before taking blood pressure. Go to the bathroom before the test. Relax for 5 minutes before taking measurement. Sit down with supported back (don't sit on a sofa or a soft chair). Keep your feet on the floor not crossed. Place your arm on a massive flat surface (like a table) with the upper arm at the heart level. Place the bracelet half directly above the elbow curve. Check the monitor instruction manual for an illustration. Take more readings. When measuring, take 2 to 3 readings of a one-minute separate and record all the results. Take blood pressure at the same time every day, or as you recommend your health care doctor. Record the date, time and reading blood pressure. Get the record with you to your next medical appointment. If the blood pressure monitor has a built-in memory, just take the monitor with you to your next appointment. Call your supplier if you have several high readings. Don't be scared by a single reading with high blood pressure, but if you get High readings, check in with your health care provider. When blood pressure reaches a systolic (upper number) of 180 or higher or diastolic (lower number) of 110 or higher, look for an emergency medical treatment. Ask your doctor or other healthcare professional to teach you how to correctly use the blood pressure monitor. Have routine routine control for accuracy by taking it with you at the doctor's office. It is also important to make sure that the tube is not twisted when it stores it and keep it kept it From heat to prevent cracks and losses. The correct use of the blood pressure monitor will help you and your doctor in blood pressure monitoring. pressure.

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