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What My Papa Told Me About... BLOOD PRESSURE

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BLOOD PRESSURE

Blood Pressure and Alzheimer's: What's the Connection?

Alzheimer's disease is something that is very scary. It is a gradual reduction of the way that you function, as far as your brain goes. You are basically going to become senile if you are diagnosed with Alzheimer's. You will forget things, you won't be able to remember the faces of your family members, and you won't be able to care for yourself as you get older. Most people who have Alzheimer's are put into facilities where they can be cared for.

Alzheimer's is something that is very scary because there isn't a lot of information out there to tell us how you can get it or where it comes from. And there certainly isn't a miracle cure for Alzheimer's. If you are going to get it, you probably will, and there might not be much that you can do about it.

However, when it comes to high blood pressure, it might indeed be a contributing factor. This is mainly because high blood pressure does damage to everything in your body, including the way that your brain functions. If you can find some ways to keep your blood pressure down, you are going to have less of a chance of doing damage to your brain, and that might indeed keep you Alzheimer's free.

There are several things that you can do for yourself when it comes to getting your blood pressure down. First of all you should be sure that your diet is one that contributes to lower blood pressure. Fatty foods and rich creams have a higher chance of clogging your arteries, and if this happens, you are going to have your heart working harder to pump the blood through those clogged arteries. When your heart has to work harder, it is going to mean that you have high blood pressure. And, as everyone knows, this is not good for you overall.

In order to keep your blood pressure down, make sure that you are eating foods that are low in fat and cholesterol. If you work with your doctor to develop a plan as far your eating goes, he or she will be able to take care of you and help you take care of yourself. Talking to your doctor in this case is important because your doctor is the person who knows the most about your health and how your body works and can monitor both your Alzheimer's and your blood pressure.

Blood Pressure and Parkinson's Disease: A Link?

There are many things that people need to watch out for as they age. Parkinson's Disease is something that you may have to deal with. It is a disease that there isn't a lot known about, and it is a disease that is quite scary because there is no cure, and there is no way that you can recover. Parkinson's causes very stiff body functions, which can be relieved by the drugs, but the drugs cause a lot of stammering, stuttering, and movement problems in general.

Although there is no real cure for Parkinson's, and there is no real way to say why exactly it occurs, or to stop it before it becomes a problem, there are many things that you can do to decrease your chances of getting it in the first place. One of these things is to take care so that you don't have high blood pressure.

Blood pressure is something that is a cause of many ailments, and in general it weakens the body and might make other diseases more prominent. In order to insure that your body is as healthy as it can be, you should take steps to help yourself control your blood pressure.

There are several factors in lowering your blood pressure. For one, you need to make sure that you are eating right. This is something that becomes very important because you have to be sure that you are getting a good diet so that you are not falling into the trap of actually helping yourself get higher blood pressure. In order to make sure that you are doing the things that you should be doing when it comes to your diet, and therefore you are lowering your blood pressure and having less of a chance of getting Parkinson's disease, you should talk to your doctor about a good diet for you. A good diet, high in vegetables and fruits, and low in things like fat and cream, is going to help you lower your blood pressure.

Another important aspect of keeping your blood pressure down is making sure that you get enough exercise. This is something that is often hard for us to do as we get older, so you should also talk to your doctor about ways that you can help yourself get more exercise, even if you aren't very mobile. He will have plenty of suggestions that should help you feel better about yourself and get in better shape.

Be careful to learn about the side effects of your medication as well. Some of the drugs you take for Parkinson's disease could raise or lower your blood pressure. As always, make sure you completely understand the side effects of any medication you take for any disease to be sure that this is not too dangerous for your body.

Blood Pressure from your Mom and Dad?

When you have high blood pressure you are going to find that overall you are not as healthy as if your blood pressure was within a normal range. Many people believe that you can't have any say in what your blood pressure is going to be because it is something that is generically inherited, and that means that you have no say in the matter at all.

There are several factors that claim that it might indeed be something that is passed down through genetics. This takes into account cases in which parents have high blood pressure, and their children grow up to also have high blood pressure. Because there is this common link, some people assume that it is all related to genetics, and there is nothing that you can do about it.

However, there are several other factors that are at work here. When a person has an unhealthy lifestyle, they are going to be more likely to have high blood pressure. They are also going to be likely to pass their bad habits, when it comes to poor eating habits and poor exercise habits on to their children. If their children grow up to do the same things wrong that their parents did, they will indeed have high blood pressure.

It is important to note that while blood pressure has a genetic link, this only means that some people will have a great tendency to develop it than others. If your parents had high blood pressure, that means that you are going to have a greater chance of having it. However, blood pressure is something that can easily be controlled, and something that can be fixed, if you start right away and do everything that you can. Even if you have a tendency to have high blood pressure, if you eat the right foods and get the right amount of exercise, you are going to be able to avoid that. If you are able to have a good diet that is not high in fat and if you exercise the proper amount, you are going to have a better chance of not having high blood pressure, even if it is in your genes.

Remember that while you inherit a chance of having high blood pressure, you also inherit your parent's bad habits that might have contributed to their high blood pressure. Do your best to break these habits for yourself so that your children will have an even better chance of not having to deal with high blood pressure.

Blood Pressure Machines: Many Choices!

Blood pressure is a scary thing in this day and age. There are many times when it might come into play, because having higher blood pressure than is acceptable, or having a high blood pressure during certain times, might lead to many different ailments, and might also increase your chance of getting many different ailments.

It used to be that you had to go to the doctor to get your blood pressure tested. This would be good because it would mean that you were going to the doctor often, which is always a good thing. However, it might also mean that between doctor's visits you would have no way of knowing whether or not the things that you were doing to decrease your blood pressure were working or not.

Now, there are blood pressure machines that can be used many different ways and at many different times. Most often they are seen in pharmacies and in other stores. You can go to a place that has a blood pressure machine, and it will take a reading of your blood pressure. You can see if the things that you are doing are making a difference, and you can see if you are getting to the point where you should see a doctor. There are also smaller devices that you can buy to have in your home to test your own blood pressure. These might be expensive, but they might be worth the money.

Remember that you should always talk to your doctor before you start using a blood pressure machine. You are going to want to make sure that you know what your typical blood pressure should be. Even if the machine gives a reading, and then tells you what yours should be, your doctor will know better what your own reading should be, and he will know how to tell if you are making progress or not in lowering your blood pressure. It is always a good idea to talk to your doctor because he is the only one who knows things like your medical history, how you deal with stress, and the things in your life that might either cause your blood pressure to go up or that might cause your blood pressure to go down. Always remember that your doctor is the best

place to go when you have questions about whether or not you are doing the right thing while you are using blood pressure machines.

Blood Pressure Measurements: Not as Simple as Inches or Pounds

Perhaps one of the most common problems human beings face today in terms of their biology is that of blood pressure. The pressure exerted by blood pumping through a human body can change rapidly due to so many different reasons. Thus, it has become commonplace for medical practitioners to check a patient's blood pressure as one of the first tests when a problem occurs. People also have begun to check their own blood pressure in the comfort of home, because catching either high or low blood pressure could very well mean catching something more serious early enough for it to be worked on. Just how, though, is blood pressure measured?

There are two main ways in which blood pressure is measured in a human being. These are through invasive and non-invasive procedures. The most accurate way to measure arterial blood pressure (the most common pressure to test for) is through an invasive procedure. In such a procedure, a plastic tube known as a cannula is placed into a blood vessel and connected to an electronic pressure transducer. The pressure of the blood pumping through arteries is stronger than anywhere else in the body, and since the cannula is within the artery itself, it is able to gather the most precise data. Usually, invasive procedures are used in intensive care situations, anesthesiology, and for research purposes. Other times, blood pressure is measured through non-invasive procedures.

Non-invasive procedures provide a way to measure blood pressure that limits the discomfort of a patient at the expense of accuracy. These procedures are also easier to perform and can be done at home by patients on a regular basis. Non-invasive treatments involve a sphygmomanometer, the cuff that most of us are familiar with. These cuffs are placed around the upper arm and filled with air pressure. The cuff then measures the pressure of blood as it presses against the inflated material and gives a blood pressure number, although it is usually not a precise one. Still, this technique gives an approximate figure that is used in most medical cases.

While there are a few other ways in which blood pressure could be measured, these two are by the far the most preferred methods used today, and out of the two, non-invasive procedures are normally chosen over invasive ones. Whether you go to a doctor or by an at-home sphygmomanometer, your blood pressure will most likely be measured through a non-invasive technique.

Diabetes and Blood Pressure Make Dangerous Bedfellows

Blood pressure goes hand in hand with many major diseases people in the world are facing every day. Having a high or low pressure can be the cause or the symptom of something far worse. One such disease that this applies to is diabetes, and for those who are diabetic, it is extremely important to keep blood pressure as low as possible. Hypertension, or high blood pressure, is one of the most common symptoms of diabetes, and if it's not controlled it could lead to something that is more dangerous. The reasons for this are many, and knowing them

could be the factor that will make many people decide to change their lifestyles to fit their health. That is incredibly important, especially in this day and age, when foods are a leading cause of high blood pressure.

Having high blood pressure puts extra strain on the heart and, of course, on arteries and veins that run throughout the body. In addition to this, it increases the workload of the kidneys. Damage to the kidneys is something that could lead to diabetes, or make the condition worse if a person already has it. Those with diabetes tend to have more trouble with high blood pressure than other people, so it is important that every checkup or doctor visit include a blood pressure check. Early detection of high blood pressure could help keep off a worsening of one's diabetes condition.

Diabetes is a condition that can cause some massive damage to your kidneys, and having a high blood pressure damages these vital organs as well by damaging the kidney's small filtering vessels. Heart disease and stroke are also problems that are made worse by both diabetes and high blood pressure. People who develop diabetes are twice as likely to have a stroke or to develop heart problems. It should also go without saying that having a high blood pressure is going to make the risks skyrocket, because that extra strain on the heart is going to make it easier to fail or falter. Diabetes also increases the buildup of sticky plaque on arterial walls. This makes arteries narrower, which in turn increases blood pressure.

Because diabetes and blood pressure seem to go so well together, it is important for anyone with diabetes to take extra special care of their blood pressure. Having a high blood pressure could mean having problems that could go beyond your control, and which could be incredibly dangerous to your body.

Effects of High Blood Pressure

One of the most common worries to physicians is an elevated blood pressure in someone's body. While it is a common threat, especially considering the foods and lifestyles that are becoming part of westernized culture, it is still a threat that could be very serious to one's health. Also known as hypertension, having a high blood pressure affects the body in ways that many people could not even imagine. It is related to an extensive list of other diseases, some of which have proven to be fatal. Hypertension also has the potential to bring about trauma in the heart and arterial walls that it carouses through.

Having high blood pressure is an intensely harmful problem in of itself. When only hypertension comes into play, in this case, it is called a hypertensive crisis. This occurs when blood pressure levels reach a point far too high for the body to withstand. If not taken care of promptly, a hypertensive crisis could very well cause death. However, even in situations not as extreme, a hypertensive crisis could lead to irreversible organ damage, since such a crisis usually affects on specific systems. The main organ systems affected by this problem are the central nervous system, the cardiovascular system, and the renal system.

While having a hypertensive crisis is reason enough to be alarmed by a high blood pressure reading, it should be said that hypertension has long-term effects that could result or are a factor of something else entirely. For example, any kind of pressure of the blood puts stress on the arterial walls. An elevated blood pressure puts extensive stress on these walls, causing the heart to work more than it has to and also the progression of unhealthy tissue growth in the area, something known as atheroma. The higher the pressure of the blood, the more stress is put on the heart and the more atheroma that forms. Over time, this will lead to thicker walls of the heart that will weaken faster than they should.

These are not the only effects hypertension has on the body. A persistent rate of hypertension is a leading cause in some very serious conditions, such as strokes, heart attacks, heart failures, arterial aneurysms, chronic renal failure, and a form of diabetes. Having a high blood pressure should not be taken lightly. The risks are high and the effects far-reaching. Hypertension has been found as a side effect of many other illnesses on top of the ones mentioned, so having a high blood pressure should never be taken lightly.

Effects of Low Blood Pressure

When most people think of problems related to blood pressure, they immediately focus on hypertension, or high blood pressure. However, having a lower-than-average blood pressure is also cause for some alarm. Hypotension, as it is called, can be the result of a very serious medical problem. It should be looked at immediately, because having low blood pressure could affect the brain, which could, in turn, cause even more problems, many of which could be irreversible or fatal.

The most common reason for having hypotension is having a reduced blood volume, known as hypovolemia. There are many reasons that this problem could occur in such a way, though most of them have to do with problems regarding the nervous system of the brain. Other causes include certain medicines that could have hypovolemia as a side effect. In many ways, because low blood pressure affects and is a result of problems with such a vulnerable system of the body, it makes hypotension even more serious than having a high blood pressure.

One syndrome related to hypotension that should be noted is orthostatic hypotension. Also called postural hypotension, this is one of the most common forms of low blood pressure. Basically, it occurs mainly from a change in body position. For example, standing up from either a sitting or lying down position could momentarily reduce the blood flow in the body. As a result, dizziness may occur, which can be noticed on a daily basis by many people. However, a more serious version of the syndrome could be brought upon by medications, both of the physical and psychiatric persuasion.

Another form of hypotension is rarer than orthostatic hypotension. It is known as postprandial hypotension and occurs 30-75 minutes after eating. Digestion of the food sends a large amount of blood to the digestive system, and as a result the autonomic nervous system must compensate to increase the body's heart rate and get more blood pumping. Orthostatic hypotension affects the autonomic nervous system, weakening it even more than it already is. It

is also an indicator of a failing autonomic nervous system, perhaps due to age or something else entirely.

As you can see, hypotension is just as serious of a problem as it's more common sibling, hypertension. Although the two may sound alike, their affects are vastly different. However, they are both cause for alarm and should be checked out immediately, especially since having low blood pressure could affect the brain, the most important part of the body.

Low Fat Dairy: A Step Toward Lowering Your Blood Pressure

There are many heart healthy decisions that you can make in order to lower your blood pressure. What does lowering your blood pressure do for you? Well, people with higher blood pressures are going to be much more likely to have lots of different health related problems in their lives. If you can manage to lower your blood pressure, you are going to be allowing yourself the chance to be healthier, and happier.

The food that you eat ends up being very important when it comes to lowering your blood pressure. If you can find a way to eat foods that are low in fat, such as low fat dairy, you are going to find that you are going to be able to lower your blood pressure quite a bit.

This happens because when you are eating foods that are high in fat, as most dairy products are, the fat is going to build up in your arteries. When this happens, your arteries are going to be harder for the blood to get through. In order to get the blood through your arteries like should be happening, you heart is going to have to work harder. This means that your blood pressure will rise. When this happens, you are going to have a better chance of having heart attacks and strokes, as well as getting more diseases that you might not have to worry about if you had lower blood pressure.

Certainly, what you eat is very important when it comes to lowering your blood pressure. Taking the time to eat low fat dairy is a way that you can really help yourself to be in better health all around. The low fat dairy is easy to get used to, and once you are used to eating low fat dairy instead of dairy that is high in fat, you are going to have the knowledge that you are doing something that is really good for your body, and for your entire life as well. Switching to low fat dairy is something that anyone can handle doing, and it is something that is going to greatly enhance the way that you live your life.

Try to make the switch, if you can. It is going to impact much about your life, but most importantly, it will help you lower your blood pressure, which means you are going to be on the road to good health.

MAP: Mean Arterial Pressure

Blood pressure is an ever-changing aspect of human physiology and biology. It is rare for a person to have a blood pressure that remains the same throughout the day. In fact, it is downright impossible. Simply because, for the most part, we all eat, stand, breathe, move, etc. multiple times throughout the day. Each time we perform one of these actions, our blood pressure changes. It reacts to a change in position, a change in movement, and it is always

doing so on a continuous basis. However, it is important that doctors and other medical officials have a number to place by a person that relates to blood pressure because it is impossible for blood pressure to be taken continuously throughout the day. This is where the mean arterial pressure comes into play. This is, basically, the average value for a person's blood pressure, which will stand for the person's health and blood pressure on an average day.

There are many reasons that a mean arterial pressure is taken and recorded for a person. Not all of these relate to health. In fact, the mean arterial pressure is known to be part of a couple of biological processes that do not necessarily indicate a health problem. For example, when arterial blood flows through the body it is usually headed somewhere specific. Much of the time, blood is pumped through arteries and deposited in beds of capillaries that run across the surface of various organs, giving them the nutritional substances they need in order to operate. This perfusion pressure, as it is called, is thought to actually be the mean arterial pressure.

In order for the mean arterial pressure to allow an organ to operate correctly, it needs to be at around 60 mmHg. This is enough to sustain an organ for the average person as long as it remains at this value. However, if the value falls below this average, that means there is not enough blood pumping into the organ, which will cause the organ to become ischemic. This will result in tissue damage to the organ, so it is very important that the mean arterial pressure be checked and calculated on a fairly regular basis. Health officials usually make it a habit to calculate the value of a person's mean arterial pressure whenever they take a person's blood pressure. It is just one of the many calculations made in conjunction with blood pressure that makes sure a person's body is running smoothly and healthily.

Pleasures or Pains: Blood Pressure and Drug Use

There is often talk about how the things that we do in life affect our bodies. Using drugs is one of those things. Doing drugs is something that can be especially detrimental depending on the amount and frequency of your drug use. One of the things that is easily targeted by your drug use is your blood pressure. You are going to find that your blood pressure is something that can be very damaged by drug use. It is important that you realize what this means in order to keep your body healthy.

If you have high blood pressure, you are going to be more at risk for many different diseases. Your body is not going to be able to heal as well after injuries, or repair itself after sickness. In general, high blood pressure is something that is going to lead to a lot of trouble during your lifetime. In order to avoid this, there are some things that you should do.

First of all, you should be sure that you are getting plenty of exercise. You need to be getting your heart pumping for long periods of time several times a week. This is a good way to keep your heart in shape and make sure that you don't develop high blood pressure. You also need to make sure that you are eating a diet that is not high in fat or other cholesterols, and that you are doing whatever you can to be healthy when it comes to the food you eat.

Drugs have a huge impact on your blood pressure, however. Even if you are getting good exercise and eating right, you are still going to be doing a lot of damage to your body if you are using drugs. You should remember that when you put something in your system, it not only makes you feel good by making you high, it also does damage to all of your internal organs, and to all of the things in your body. Doing drugs will raise your blood pressure, among doing other harmful things to you. You should remember that by doing drugs you are going to be allowing your body to get sicker and sicker, and so for these reasons you should seek help if you have a drug problem. You don't want to increase your chances of dying early, which will most definitely happen if you use drugs and do not regulate your blood pressure.

Pulse Pressure: The Other Blood Pressure

While blood pressure, in and of itself, is an extremely important indicator of medical problems and health, there are other forms of pressure that must be looked at in conjunction with blood pressure. If this is not done, then some problems that could be occurring may not be found in time for them to be treated. One such pressure that must be checked is known as pulse pressure. This is the change in blood pressure during a single contraction of the heart. A simple formula will help the pulse pressure of an individual to be found quickly and easily. Pulse pressure should be taken into account whenever there is a problem with blood pressure, because it could be an indicator to some very specific heart problems.

Now that you know how important a person's pulse pressure is, it's time to talk about just how to find out what a person's pulse pressure measurement is. Formally, the pulse pressure is the systolic pressure minus the diastolic pressure. It can be calculated by the following formula: stroke volume divided by compliance. Stroke volume is the volume of blood pumped out of a ventricle with each beat of the heart, while compliance is the standard regulation of beats. The resting pulse pressure in the average person is 40 mmHg, though this could increase up to 100 mmHg when a healthy adult is exercising. Numbers out of this range are an indicator of a possible health problem and you should talk to your doctor about it as soon as possible in order to avoid any complications.

It is very rare to get a pulse pressure reading of less than 40 mmHg. Chances are, if you receive one that is significantly lower, than you've just done the calculations incorrectly. However, if the pulse pressure is genuinely low, it reflects a low stroke volume, which means your heart is not pumping out the amount of blood it is supposed to. This could be because of a very serious problem, such as congestive heart disorder or shock.

If your pulse pressure is more than 40 mmHg (usually reading anywhere between 60 and 80 mmHg), then there are a few reasons this may be. Usually, this is an indicator of stiffness of the arteries, a leak in the aortic valve, an extra path for the blood to travel from the arteries to the veins, hypothyroidism, or some combination of these. All in all, it should be discussed with your doctor if you find yourself to have a pulse pressure that is higher than the average. This, of course, is true when you have a lower pulse pressure than average as well.

Race and Your Blood Pressure

There are many different things that can put you at a higher risk for high blood pressure. If there is something in your life that makes it hard for your heart to work well, you are going to experience high blood pressure, even if you are doing some things right. However, one of the things that has long been felt by many in the medical community to be a factor in high blood pressure is your race. It has long been thought that there are some genetic factors that make one race more apt to have high blood pressure than another. While this might be true, there are certain things that you should keep in mind, no matter what race you are.

First of all, a big part of high blood pressure is the foods that we eat. If you come from a racial background that richly celebrates every occasion with meals that are high in fat and cholesterol, your entire family is going to see that they might have problems with high blood pressure. This might be something that is linked to race, because different races celebrate things in different ways, and the traditional cooking is much different from place to place, as well as from race to race. If you belong to a culture that has a tendency to eat foods often that are high in fat, you might want to consider changing the way that you cook on a day to day basis. If you still want to participate in your family functions and eat the foods that everyone else is eating, it is okay as long as this is only practiced in moderation. If you can cook for yourself every single day and eat foods that are low in fat and cholesterol, you are going to have a better chance of lowering your own high blood pressure. You can also encourage your family to use low fat substitutes when they are celebrating. Exercise plays a role as well.

Certain blood pressure conditions are prevalent with certain races. If you are black or Hispanic, make sure you keep your blood pressure in check. A number of more serious health conditions can occur if high blood pressure is not addressed, so if you are at risk, monitor it carefully, eat well, and exercise often. By doing these things, you can prevent high blood pressure, no matter what race you may be.

The Dangerous Relationship Between High Blood Pressure and Alcohol

As much as blood pressure is affected by various states of the body during the day, as well as various diseases that are seen in many people, it can also be affected by outside influences such as food and drinks. Specifically, alcoholic drinks are a major factor that influences blood pressure in a person. It is important that more people pay attention to the relationship between alcohol and blood pressure because it is such an important relationship that could very well determine whether or not you are a healthy or unhealthy individual. Drinking alcohol could also increase the chance of other medical issues which may then indirectly lead to an increase in blood pressure.

Regular drinkers are exceptionally prone to having high blood pressure, because they harm their kidneys in such a way that more pressure is exerted on arteries and such, since the kidneys are closely connected with blood pressure. Drinkers should limit the amount they drink to one or two drinks every day or so. Women should be especially careful as to how much they drink because their tolerance is normally lower than a man's. If blood pressure becomes a strong problem due to drinking, doctors are very likely to administer some strong medicine to a person.

Alcohol also causes some people to become overweight. At the very least, it is a contributing factor to being overweight, due the number of calories alcohol contains. That beer gut people get after downing a six pack a day is not only making you look bad, chances are it's also raising your blood pressure to dangerously high levels. After all, the more fat a person has on them, the more pressure that fat is going to put on arteries, which will, in turn, raise the pressure of the blood pressing against those arteries.

Because of the strong correlation between alcohol and high blood pressure, it is plain to see that drinking less is going to drastically help keep a person's blood pressure down. Besides the other obvious health risks that could be avoided by drinking less, not having to worry about a high blood pressure could be one of the best to consider. Physicians with patients who have a high blood pressure should give out regulations and limits in regards to drinking in order to better prepare people for the consequences they could encounter.

The Sphygmomanometers

Blood pressure is a tricky thing. Although it can be easily read by just about anyone, the process of finding ones blood pressure can be a little tricky. For those people looking to get the most precise reading possible, an invasive procedure must be put into play. This means a device must be inserted into a person and the blood pressure must be read in that way. However, the most common way to measure blood pressure is to use something called a sphygmomanometer. This is normally referred to as a blood pressure cuff, since that is exactly what it is: a pressurized cuff that is attached around a person's forearm.

The cuff is usually placed around the upper left arm of a patient, at roughly the same vertical height as the person's heart. The patient must be in an upright position for the cuff to read the blood pressure correctly, because only in this position does the blood flow through the body as it should. The cuff is then inflated until enough pressure is placed on the brachial artery there for a reading to occur. The systolic pressure is taken when the cuff begin to decrease. The doctor places a stethoscope against the elbow and listens to hear when the Korotkoff sounds begin. When they do, the systolic pressure is taken. The cuff continues to deflate until the sounds are heard no more. When this occurs, the doctor takes down the diatolic pressure.

Two types of blood pressure cuffs are in existence: digital and manual. Both of these types have their ups and downs, though most people tend to use the digital blood pressure cuffs when they are taking their blood pressure at home or in a drug store. Digital cuffs are not only easier to use, they are also more practical in a noisy environment, since you don't have to listen for the Korotkoff sounds in order to get a blood pressure reading. These cuff types actually measure the mean arterial pulse, and then derive both the systolic and diatolic pressures from that. The only downside is that they cannot be used in certain conditions pertaining to health problems some people encounter. Manual sphygmomanometers are much more precise than digital ones, though they take more skill to operate and therefore are normally used only by doctors. They involve having to manually pump the cuff as well as listening for the Korotkoff sounds, which some people find difficult to gauge.

Treating High Blood Pressure

There are many things that you can do to naturally lower your blood pressure, and there are also many medications that you can take to make sure that your blood pressure stays as low as it can.

First of all, you need to be sure that you are always eating a diet that is low in fat and cholesterol. This is your best defense against high blood pressure. If you can incorporate healthy food into your life as something that you are always doing, you are going to find that you are able to lower your blood pressure at least a little bit simply by eating the right foods. This is important to do, and it is important to start right now. Eating healthy food is something that can help your body, but it is something that you have to keep up, and something that you have to do for a long time. If you have been in the habit of eating foods that are bad for you, you are going to find that it takes a long time for a healthy diet to make a real difference. However, you shouldn't give up, because it is something that will do wonders for you.

You should also be sure that you are getting plenty of exercise. This is something that is important, but you have to make sure that it is the right kind. Remember that the best kind of exercise for lowering your blood pressure is something that gets your heart moving. You want to make sure that your heart is very healthy, and that you are getting enough exercise.

However, it might be that even though you are eating right and getting enough exercise, you still have to deal with high blood pressure. This might be because you have abused your body for awhile and you need to have some time for your body to heal. It might be that you have been eating a high fat diet for many years, and you need to take the time to get your body back to where it should be. Or it might be that you have a condition that makes you have high blood pressure, even if you don't do anything wrong. In these cases, it might become important to use blood pressure medication. This will help you to regulate your blood pressure. Talk to your doctor about the different medications, and what they can do for you when it comes to lowering your blood pressure. There are also a variety of natural techniques, like acupuncture and massage that can be used to lower your blood pressure. Look into all of these options before finding one that is right for you.

What Influences Blood Pressure?

Fluid systems in the body are notorious for the high level of complexity in their physics. The circulatory system is no different, and it is because of this that there are so many different factors that could affect a person's blood pressure. From the rate the heart pumps to the viscosity of the blood itself, blood pressure has influences from multiple factors in the body. Each of these factors may, in turn, be influenced by outside factors such as diet, exercise, disease, or drugs. It's because of this that blood pressure has an even greater number of indirect influencers.

Let's start by discussing probably the most influential factor associated with blood pressure: the rate of pumping, more commonly referred to as the heart rate. The average heart rate for a healthy human being runs between 70 and 75 beats per minute. The higher the heart rate is,

the higher the blood pressure. Another physical factor related to blood pressure is the blood volume of the body. The more blood there is in the body, the higher the rate of blood return to the heart and the higher the blood pressure. There is a correlation between salt intake and blood volume in many people, though the amount to which it raises blood pressure varies.

Resistance and viscosity are two other major influencing factors in blood pressure. Resistance here relates to the size of blood vessels as well as the smoothness of these vessels. There are things in the body that affect the size of blood vessels. Some make them thinner, which increases blood pressure, while others do the opposite. Fatty acids are responsible for the smoothness of blood vessels, because the more that is deposited on the walls, the less resistance there is. Viscosity, on the other hand, is the thickness of the blood flowing through the body. The thicker the blood is that's pumping through a body's veins, the higher the blood pressure will be. Certain illnesses affect the viscosity of blood, as well as the level of sugars in the blood.

While thus far high blood pressure has been the effect of these factors, there are certainly ones that influence low blood pressure as well. Some causes of low blood pressure include sepsis, hemorrhaging, certain toxins, and hormonal abnormalities. On a lighter note, simply sitting and standing could lower blood pressure as well, though the factors that influence low blood pressure are usually more severe.

What is a Korotkoff Sound?

Have you ever watched a television show or a movie and noticed the sound that is made when a doctor takes someone's blood pressure? A "bump" sound is what usually reverberates from the screen, each time a pump of blood shoots through an artery. These sounds actually have a name, and they are known as Korotkoff sounds. These blood pressure sounds are named after the Russian physician, Dr. Nikolai Korotkoff, who described these sounds in 1905, when he was working at the Imperial Medical Facility in St. Petersburg, Russia. Korotkoff sounds are not usually heard in real life without medical equipment, but the movies and television use this sound to give the scene an added effect.

The Korotkoff sound is heard when the valves in the heart's ventricles close. It works much like a door does. When you open a door, no sound is heard, but when you close that door, your heart it closing or slamming shut. It is somewhat difficult to hear these sounds because as the heart beats, the pulses created by the closing ventricles travels smoothly through the vessels, which causes the sound to disperse. That is why the Korotkoff sounds cannot be heard when a stethoscope is placed against an artery. When a stethoscope is placed against the chest, you can hear the heart beating, but these sounds are not the same as the Korotkoff sounds.

Korotkoff sounds can give doctors and other health care providers an idea of your overall circulatory breath, especially associated with your blood pressure. If you have high blood pressure, it is best to change your eating and exercising habits in order to lower it. This will keep your body healthy and re-regulate the Korotkoff sounds in your body.

How can you keep your blood pressure low? Eat a diet that is low in fat to prevent your blood vessels from clogging. A healthy diet is very important for many aspects of health, and blood pressure is no different. Also, it is important to take medication if your doctor recommends it. This can reduce your risk of heart attack or stroke. Certain exercises can be helpful as well. Talk to your doctor about these and other ways to lower your blood pressure. It could save your life. The fast food cheeseburger you enjoy today could be tomorrow's heart attack, so keep your health in check by regulating your blood pressure so that it is within a normal range.

What is Ambulatory Blood Pressure?

Usually, the blood pressure measurement you have on file is one that you have had taken either recently or in the past during a doctor's office visit, but it does not necessarily give a good indication as to what your blood pressure is normally. After all, a person's blood pressure changes all the time. Simply by switching to another activity, your blood pressure may go up or down, depending also on your own position and whether or not the activity is strenuous or not. Even the very common act of eating is enough to raise your blood pressure, as more blood is needed to be directed to the stomach in order to digest food. This is why a procedure known as ambulatory blood pressure is put into effect.

Ambulatory blood pressure takes a person's blood pressure on a regular basis at certain intervals. In this way, medical officials can monitor how a person's blood pressure changes throughout a period of time, which makes it easier to gauge the person's average blood pressure. This means that the blood pressure reading taken by doctors will not be on the low or high end of the spectrum, since multiple readings are processed together to get an average reading.

Ambulatory blood pressure is also a great way to get rid of the white coat hypertension effect that plagues medical files all the time. White coat hypertension is the raised blood pressure one gets via anxiety from being in a hospital setting. Ambulatory blood pressure is taken regularly and usually when a person is sleeping, which means the white coat hypertension effect will not come into play except in the rarest of instances. Thus, ambulatory blood pressure is an excellent way for doctors to get a precise and correct reading off patients who desperately need to get their blood pressure checked due to a specific illness or other problems.

Because ambulatory blood pressure is usually checked throughout the night, the phenomenon known as nocturnal hypertension comes into play. Nocturnal hypertension, the elevation of blood pressure at night, is an indication that there is organ damage in a person, so it is imperative that doctors who believe an organ is damaged to run this test, among others, in order to help prove that it is, indeed, the case. Ambulatory blood pressure can help doctors regulate your health, so consider measuring it if you want a better picture of your body's condition.

What is Central Venous Pressure?

Blood pressure is one of the broadest medical terms one can speak of due to the multitude of pressure types and other various terms that go along with it. Depending on the area of the heart you're talking about or the specific vein or artery being discussed, the type of pressure will change. One of these is the central venous pressure that relates to the blood pressure in the veins located in the right atrium of the heart. It is an important pressure that must be factored in whenever doctors or other health officials take someone's blood pressure. It has been known to be associated with various health problems whenever the value for the central venous pressure is too high, because rarely does it come out too low.

Blood pressure is taken in two main forms: through invasive procedures and non-invasive procedures. Invasive procedures involves doctors going within the body in order to find the blood pressure while non-invasive procedures (such as the blood pressure cuff we are most familiar with) do not. Central venous pressure does not have the luxury of being taken simply by wearing a blood pressure cuff. It can only be taken using invasive procedures. It is taken by connecting the patient's central venous catheter to a special infusion set that is then connected to a small diameter water column. Once calibrated correctly, the height of the water column will indicate the measurement for the central venous pressure.

Central venous pressure is an excellent way to check for a multitude of various health issues that one may have in relation to the pressure of one's blood. If someone's central venous pressure is reported to be too high, then it is most likely due to a factor out of that person's control. An elevated central venous pressure could be taken due to the following: hypervolemia, forced exhalation, tension pneumothorax, heart failure, pleural deffusion, and forced cardiac output. Central venous pressure can also be too low, though the causes are few. They include hypovolemia and deep inhalation.

Central venous pressure is normally found to be around 2-4 mmHg, which makes it a relatively weak form of blood pressure. Normally, blood pressure ranges much higher than this, at rates almost 20 times that of the central venous pressure. Be sure you understand what your central venous pressure should be so that you know what to expect. If you do not completely understand, ask your doctor to explain it to you further. Knowledge is your best defense against poor health.

What is Venous Pressure?

Blood pressure is a major factor in everyday health for a great deal of people. When you go to the doctor, one of the first things they do is check your blood pressure. Blood pressure machines are available in drug stores and at-home tests are readily available so you can check your own blood pressure at your own convenience. It is such an important aspect of a person's health that a change in your blood pressure could alert a health professional to a much more serious problem. However, the pressure that most people read as blood pressure is the pressure of the blood against the artery. There is another blood pressure, venous pressure, which measures the pressure of blood in either a vein or in the atria of the heart.

Veins and arteries are similar vessels through which blood is transferred throughout the body. The reason that arterial blood pressure is usually looked at is because it has much more strength than venous pressure, which can be hard to detect at times. Arteries are much bigger than veins, so they transfer more blood. However, there are many more veins than there are arteries, so it is important in many health-related cases to see how hard the blood is pumping through groups of vein. An atria of the heart, of which there are two, has the same pressure, so when heart problems occur in a patient, health professionals look to venous pressure as well as arterial pressure in order to tell them what is wrong.

While arterial blood pressure can be easily taken through non-invasive measures, such as using a cuff around the upper arm, venous pressure must be taken using invasive measures. This means a needle with a long tube attached to it must be inserted into the vein in order for the pressure to be taken. Average and safe values for venous pressure depends on which atrium the pressure is taken from. The right atria should be around 5 mmHg, while venous pressure in the left atria should be taken at around 8 mmHg.

Measuring the pressure in the venous system is important in intensive care situations, where patients are in very bad shape. This will give medical professionals more specific information on the workings of the heart and blood system. While arterial pressure is still much more commonly checked for, one can't look away from the importance venous pressure plays in health.

When Should Your Blood Pressure Naturally Change?

There are many times in your life that you have probably heard about high blood pressure, and the different things that you can do about it. What you might not know is that your blood pressure is something that is not always completely static. It is something that is going to change from time to time, and there are perfectly natural times for your blood pressure to change without meaning too much in the way of danger.

There are several times when your blood pressure is going to change. First of all, no matter how well you eat, there are always going to be deposits in your arteries. That means as you get older, you are naturally going to have to have your heart pumping harder to get the blood through. That means that there is going to be a natural change in your blood pressure as you age, and that is completely normal. The important part is that you eat as well as you can so that you can avoid having it get too high.

Another time that you might experience a change in blood pressure might be in times of high stress. If you are under a lot of stress, physically or mentally, you are going to be finding that you are indeed experiencing a higher blood pressure than is normal. If you can do things to avoid this stress, you are going to find that your blood pressure remains normal.

Although there are indeed several times in your life when your blood pressure is going to go through some natural changes, there are ways that you can make sure that these changes are only completely natural and that you aren't in any danger. First of all, make sure that you are eating the healthiest foods that you can eat. You should always eat low fat and low cholesterol

foods, because these lower your chances of having high blood pressure. Also, you should always make sure that you are able to exercise on a regular basis. This is something that becomes very important, especially as you get older. You want to be sure that you are always going to exercise as much as you should so that you aren't falling in to the trap of being ready for high blood pressure. Remember that your doctor is your first line of defense, and he can give you lots of good pointers to help you keep your blood pressure down.

White Coat Hypertension: The Power of the Mind

The power of the mind is really an incredible thing. If you have watched television or movies long enough, chances are you have heard of something called a placebo effect. This is the incredible ability for a person to be 'cured' of an ailment simply through the power of his or her mind. A placebo is a sugar pill that a patient is told to take, one they believe to be a powerful drug of some kind that will heal them. When a person believes something strongly enough, the effect will actually take place in the body. When blood pressure is concerned, the power of the mind is also an important player in the health game. The effect, in this case, is called white coat hypertension.

If you are not aware, hypertension is the term used to describe an elevated blood pressure, usually to dangerous levels. White coat hypertension is the effect that occurs when a person is having their blood pressure checked in a clinical setting. Whether a person is nervous just because he or she is in a hospital or if they truly believe there will be something wrong with their blood pressure, they will show an elevated blood pressure that does not reflect any state of health. Simply put, white coat hypertension is a false high rate of blood pressure brought upon by someone simply being in a hospital setting to get his or her blood pressure checked.

It's fairly easy to spot a person suffering from white coat hypertension because they will normally seem anxious or exhibit other behaviors that make them seem uncomfortable with where they are. A person suffering from white coat hypertension will also not exhibit any signs that there is something wrong with them, whereas if a person is actually suffering from high blood pressure, there will be other signs that there is something wrong with them.

In order to help eliminate white coat hypertension, many people are urged to try at home forms of blood pressure measurement. These are usually inexpensive and are known to be just as effective as a trip to a doctor when you want to regulate your blood pressure. When a person is at home, they are generally much more comfortable with their surroundings and are less likely to be anxious about their results. Thus, white coat hypertension will most likely not come into effect. This is a good solution if you believe you are suffering from white coat hypertension.

Why Else Should You Lower Your Blood Pressure? Strokes

There are many things that you should know about blood pressure, and the way that it relates to strokes. A stroke is basically a burst blood vessel in your brain. If you have a stroke, you are going to be in very dire circumstances. You will find that you probably will be paralyzed on at least on one side of your body. You might not be able to talk or to take care of yourself. A stroke is very serious business, so you should take every precaution you can against having one. A

stroke is one of those things that just happens, however, and sometimes there is nothing that you can do about it.

Even if you can't prevent a stroke from happening always, there are some things that might put you at a higher risk of having a stroke. High blood pressure is one of those things. You might not know it, but if you have high blood pressure, you are putting yourself at a higher risk for a stroke.

Some of the things that you can do to lower your blood pressure are several things that you should be doing naturally in your life. First of all, you should be sure that you are getting plenty of exercise. This is something that most people don't get enough of, and as it turns out, it is something that can help you with many of the problems that you might be facing in your day to day life. If you are getting enough exercise, you aren't going to have a higher chance of having high blood pressure. That means you are eliminating one of the risk factors of stroke.

In order to make sure that you are getting enough exercise, work with your doctor to develop a plan so that you can be sure that you are getting enough exercise. Remember that your doctor is going to be able to tell you exactly how much exercise you personally need to get each day, so the two of you can work together on making sure you are getting enough.

Another thing that you should be aware of is that diet is something that can contribute to high blood pressure. You need to work with a doctor or a dietitian to make sure that you are eating well. You don't want to be having as much of the heavy creams and fatty foods that you have been eating. All of these will lead to high blood pressure, which will increase your risk of having a stroke.

Your Body Cares for Itself: Internal Blood Pressure Regulators

At the moment, the internal, physiological regulation of blood pressure is not completely understood. Yes, the heart is the main focus of blood pressure, as its contractions start the flow of blood throughout the body. However, there are other factors at work in the body that also regulate blood pressure. There are currently three mechanisms of blood pressure regulation within the body that have been well-categorized: Baroreceptor reflexes, the Renin-angiotensin system, and aldosterone release.

Baroreceptors (or baroceptors) are located in the body's organs and detect the pressure of blood flowing through them. If they detect a change in pressure that could result in bodily harm, signals are sent to the heart that will then adjust the average arterial pressure by changing both the force and the speed of the hearts contractions. This is called the baroreceptor reflex, or baroflex for short. So, when blood pressure is high, the baroflex will lower it, and vice versa.

While the baroflex is good for short term changes in the body's blood pressure, the renin-angiotensin system (RAS) works well for more long-term regulation. The RAS kicks in when blood pressure begins to drop to a dangerous low, and works to bring blood pressure up by activating angiotensin II. Angiotensin II is what is known as a vasoconstrictor. Basically, it narrows blood vessels, which results in more pressure being placed on them. Angiotensin II is activated when the RAS uses the kidney to help bring up blood pressure.

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Not all of these regulation processes are independent of each other. In fact, there is a very strong link between the RAS system and the release of aldosterone in the body. Aldosterone, a steroid hormone, is released from the adrenal cortex once either angiotensin II begins to work or a high level of potassium is detected. Aldosterone helps stimulate the release of sodium, which just so happens to be the main ion that determines the amount of fluid in the blood. Thus, aldosterone indirectly will increase blood pressure when such a change is necessary.

While other regulators and regulation processes involved with blood pressure are sure to be present, the three mentioned here is what is best known to occur. Other processes are being researched, though no other way to regulate the blood pressure has been so clearly defined. Baroflexes, the RAS, and aldosterone are, at the moment, all we know about in regards to internal blood pressure regulation.

Alcohol

As much as blood pressure is affected by various states of the body throughout the day, as well as various diseases that are seen in many people, it can also be affected by outside influences such as food and drinks. Specifically, alcoholic drinks are a major factor that influences blood pressure in a person. It is important that more people pay attention to the relationship between alcohol and blood pressure because it is such an important relationship that could very well determine whether or not you are a healthy or unhealthy individual. Drinking alcohol could also increase the chance of other medical issues which may then indirectly lead to an increase in blood pressure.

Regular drinkers are exceptionally prone to having high blood pressure, because they harm their kidneys in such a way that more pressure is exerted on arteries and such, since the kidneys are closely connected with blood pressure. Drinkers should limit the amount they drink to one or two drinks every day or so. Women should be especially careful as to how much they drink because their tolerance is normally lower than a man's. If blood pressure becomes a strong problem due to drinking, doctors are very likely to administer some strong medicine to a person.

Alcohol also causes some people to become overweight. At the very least, it is a contributing factor to being overweight, due the number of calories alcohol contains. That beer gut people get after downing a six pack a day is not only making you look bad, chances are it's also raising your blood pressure to dangerously high levels. After all, the more fat a person has on them, the more pressure that fat is going to put on arteries, which will, in turn, raise the pressure of the blood pressing against those arteries.

Because of the strong correlation between alcohol and high blood pressure, it is plain to see that drinking less is going to drastically help keep a person's blood pressure down. Besides the other obvious health risks that could be avoided by drinking less, not having to worry about a high blood pressure could be one of the best to consider. Physicians with patients who have a high blood pressure should give out regulations and limits in regards to drinking in order to better prepare people for the consequences they could encounter.

Low Blood Pressure

There are a lot of different effects that blood pressure can have on a body. Most think about hypertension otherwise known as high blood pressure. However having low blood pressure can cause problems as well. Hypotension can be serious and it should be taken care of immediately. Having low blood pressure can affect the brain and could as a result cause more problems that can not be fixed or even fatal.

The most known reason for having hypotension is having decreased blood volume that is known as hypovolemia. There are many reasons why this is a problem that can occur in this way. Most of them have to do with problem with the nervous system in the brain. There are other causes that will include some medicines that can have hypovolemia as a side effect. Because low blood pressure has these affects and is a result of problems with such an important part of the body, it makes hypotension even more serious than having high blood pressure.

One type of problem related to hypotension that should be considered is orthostatic hypotension. This is also known as postural hypotension and is one of the more common forms of low blood pressure. It can occur because of a change in the body's position. An example would be standing up from a sitting or lying down position can briefly lower the blood flow in the body. Because of this, you can become dizzy, and can be noticed on a regular basis by many. Another more serious type of the syndrome can be brought on by medications of the physical and the psychiatric topic.

There is another form of hypotension that is less common than orthostatic hypotension. It is known as postprandial hypotension and will occur 30-75 minutes after you have eaten. Digestion of food can send a large dose of the blood to the digestive system and due to this the autonomic nervous system must compensate to increase the body's heart rate and find make more blood pump. Orthostatic hypotension can affect the autonomic nervous system, making it even weaker than it already is. It is also a sign of a failing autonomic nervous system maybe because of age or something else completely.

Hypotension is just as severe as hypertension. Even though the two may sound the same, their affects on the body are very different. However they are both cause for concern and should be checked out immediately especially since having low blood pressure could affect the brain and this is the most important part of the body.

Low Fat Dairy

There are so many healthy heart decisions that you can make to lower your blood pressure. You may be wondering what does your blood pressure do for you? The answer is simple. Anyone that has higher blood pressures is going to be more likely to have a lot of problems with their health. If you find a way to decrease your blood pressure, you are going to be giving yourself the opportunity to become healthier and a lot happier in your own life too.

What you eat is going to end up to be very important to your health and lowering your blood pressure. If you can create a way to eat foods that are low in fat like low fat dairy, you will be able to lower your blood pressure dramatically.

This will be a result when you are eating foods that are high in fat just as most dairy products are. The fat is going to build up in your arteries and if this occurs, your arteries are going to be harder for the blood to get through. For your blood to get through your arteries like it should be happening, your heart is going to have to work harder. This will mean that your blood pressure will rise. If this happens, you are going to have a better chance of having a heart attack and stroke. You will also be more acceptable to getting more disease that you might not have to worry about if you had lower blood pressure.

What you eat is very important to your health and getting your blood pressure to be lower. Taking the time to eat low fat dairy is a good way that you can really help yourself to be healthier. The lower fat dairy is easy to get accustomed to once you have tried it and see what it is like. You are going to be doing something that is good for your body and for your whole like too. If you are switching to a low fat dairy diet it and it is something that you can do all the time, you are going to be giving yourself more life to live ahead of you.

You should try and do the change for your body. It is going to make a huge impact on your life and it will lower your blood pressure which will help lead you down a better road to health.

Mean Arterial Pressure

The blood pressure in our body is always changing and it is part of the human physiology and biology. It is very rare for a person to have blood pressure that is always the same no matter what. This is true. It is just not going to happen for anyone. The reason behind this is that we do different things like eat, sit and stand, breath differently, move around and do many other things throughout a day.

Every time that we do something different, our blood pressure will change. It is going to react to the different position that we are in. It is very important that doctors and other professionals have the set rate for each person that relates to blood pressure and what it should be. It is just impossible for anyone to take his or her blood pressure all the time throughout the day. This is where arterial pressure starts. What this is will be the average value for a person's blood pressure and it will stand for the person's health and blood pressure on a regular and normal day.

There are different reasons that mean that an arterial pressure is taken and recorded for that person. Not all are related to health. The mean arterial pressure is known as part of a couple biological processes that do not show any type of health problem. When an arterial blood flow goes through the body it is going somewhere that it has in mind. Usually the blood is pumped through the arteries and left in the beds of capillaries that will run across the surface of different organs and give them the nutritional substances that are needed to operate right. This is perfusion pressure is thought to actually be the mean arterial pressure.

For the mean arterial pressure to allow an organ to operate the way that it should, it will have to be at around 60 mmHg. This is going to be enough to take on an organ for the average size person as long as it remains at this spot. If the value would fall below the average, this will mean that there is not enough blood pumping into the organ and this will cause the organ to become ischemic. This will be result of tissue damage to the organ and it is a very good idea that the mean arterial pressure be checked and calculated on a regular basis. Different health officials will make it a good idea to check the value of a person's arterial pressure when they take a person's blood pressure. It is just one of the many calculations that have to be made in conjunction with blood pressure and what is going to make the body run better and more efficiently.

Treatments for High Blood Pressure

There are many things that you can do to naturally lower your blood pressure, and there are also many medications that you can take to make sure that your blood pressure stays as low as possible for your body.

First of all, you need to be sure that you are always eating a diet that is low in fat and cholesterol. This is your best defense against high blood pressure. If you can incorporate healthy food into your life as something that you are always doing, you are going to find that you are able to lower your blood pressure at least a little bit simply by eating the right foods. This is important to do, and it is important to start right now. Eating healthy food is something that can help your body, but it is something that you have to keep up, and something that you have to do for a long time. If you have been in the habit of eating foods that are bad for you, you are going to find that it takes a long time for a healthy diet to make a real difference. However, you shouldn't give up, because it is something that will do wonders for you.

You should also be sure that you are getting plenty of exercise. This is something that is important, but you have to make sure that it is the right kind. Remember that the best kind of exercise for lowering your blood pressure is something that gets your heart moving. You want to make sure that your heart is very healthy, and that you are getting enough exercise.

However, it might be that even though you are eating right and getting enough exercise, you still have to deal with high blood pressure. This might be because you have abused your body for awhile and you need to have some time for your body to heal. It might be that you have been eating a high fat diet for many years, and you need to take the time to get your body back to where it should be. Or it might be that you have a condition that makes you have high blood pressure, even if you don't do anything wrong. In these cases, it might become important to use blood pressure medication. This will help you to regulate your blood pressure. Talk to your doctor about the different medications, and what they can do for you when it comes to lowering your blood pressure. There are also a variety of natural techniques, like acupuncture and massage that can be used to lower your blood pressure. Look into all of these options before finding one that is right for you.

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Influences

Fluid systems in the body are notorious for the high level of complexity in their physics. The circulatory system is no different, and it is because of this that there are so many different factors that could affect a person's blood pressure. The rate the heart pumps to the viscosity of the blood itself, blood pressure has influences from multiple factors in the body. These factors may, in turn, be influenced by outside factors such as diet, exercise, disease, or drugs. This is because of this that blood pressure has an even greater number of indirect influencers.

Let's start by discussing probably the most influential factor associated with blood pressure: the rate of pumping, more commonly referred to as the heart rate. The average heart rate for a healthy human being runs between 70 and 75 beats per minute. The higher the heart rate is, the higher the blood pressure. Another physical factor related to blood pressure is the blood

volume of the body. The more blood there is in the body, the higher the rate of blood return to the heart and the higher the blood pressure. There is a correlation between salt intake and blood volume in many people, though the amount to which it raises blood pressure varies.

Resistance and viscosity are two other major influencing factors in blood pressure. Resistance here relates to the size of blood vessels as well as the smoothness of these vessels. There are things in the body that affect the size of blood vessels. Some make them thinner, which increases blood pressure, while others do the opposite. Fatty acids are responsible for the smoothness of blood vessels, because the more that is deposited on the walls, the less resistance there is. Viscosity, on the other hand, is the thickness of the blood flowing through the body. The thicker the blood is that's pumping through a body's veins, the higher the blood pressure will be. Certain illnesses affect the viscosity of blood, as well as the level of sugars in the blood.

While thus far high blood pressure has been the effect of these factors, there are certainly ones that influence low blood pressure as well. Some causes of low blood pressure include sepsis, hemorrhaging, certain toxins, and hormonal abnormalities. On a lighter note, simply sitting and standing could lower blood pressure as well, though the factors that influence low blood pressure are usually more severe.

Pulse Pressure

There are many different forms of pressure that you should get checked as well as your blood pressure to keep yourself in good health. If this is not taken care of, some of the problems that could be happening may not be found in time for them to be treated correctly. One type of pressure that could be checked is your pulse pressure. This is going to be the change in blood pressure during a single contraction of the heart. There is a way to find the pulse pressure of a person easily. Pulse pressure can be taken into account when there is a problem with your blood pressure. It is a good indicator to some different types of heart problems.

Because you know how important a pulse pressure is, it is time to talk about how to find out a person's pulse pressure measurements. Normally, the pulse pressure is the systolic pressure minus the diastolic pressure. The following items can calculate it: stroke volume divided by compliance. Stroke volume is the volume of blood pumped out of a ventricle with each beat of the heart, as compliance is the standard regulation of beats. The resting pulse pressure in the average person is 40 mmHg and this could increase up to 100mmHg when a healthy adult is exercising. The numbers out of this range will show a possible health problem and you should talk to your doctor about it as soon as you can to avoid any kind of complications.

It is very rare to get a pulse pressure reading of less than 40mmHg. The chances are if you receive one that is really lower than the others, you have just done the calculations wrong. If the pulse pressure is low usually, it reflects a low stroke volume and this means that your heart is not pumping out the right amount of blood that it is supposed to. This could be due to a very serious problem like congestive heart disorder or shock.

If your pulse pressure is more than 40 mmHg, usually a reading between 60 and 80mmHg, there are few reasons that this may happen. This is an indicator of stiffness of the arteries, a leak in the aortic valve, and an extra path for the blood to go on from the arteries to the veins, hypothyroidism, or some kind of combination of these. It is something that should be discussed with your doctor if it is higher than average and of course, when you have lower pulse pressure than usual too.

Race

There are many different things that can put you at a greater risk for high blood pressure. If there is something in your life that makes it hard for your heart to work the right way that it should, you are going to experience high blood pressure, even if you are doing some things in the healthy way. However, one of the things that has long been felt by many in the medical community to be a factor in high blood pressure is your race. It has long been thought that there are some genetic factors that make one race more apt to have high blood pressure than another. While this might be true, there are certain things that you should try and do for yourself no matter what race you are.

First of all, a big part of high blood pressure is the foods that we eat. If you come from a racial background that richly celebrates every occasion with meals that are high in fat and cholesterol, your entire family is going to see that they might have problems with high blood pressure. This might be something that is linked to race, because different races celebrate things in different ways, and the traditional cooking is much different from place to place, as well as from race to race. If you belong to a culture that has a tendency to eat foods often that are high in fat, you might want to consider changing the way that you cook on a day to day basis. If you still want to participate in your family functions and eat the foods that everyone else is eating, it is okay as long as this is only practiced in moderation. If you can cook for yourself every single day and eat foods that are low in fat and cholesterol, you are going to have a better chance of lowering your own high blood pressure. You can also encourage your family to use low fat substitutes when they are celebrating. Exercise plays a role as well.

Certain blood pressure conditions are prevalent with certain races. If you are black or Hispanic, make sure you keep your blood pressure in check. A number of more serious health conditions can occur if high blood pressure is not addressed, so if you are at risk, monitor it carefully, eat well, and exercise often. By doing these things, you can prevent high blood pressure, no matter what race you may be.

Sphygmomanometers

Blood pressure is a tricky thing. Although it can be easily read by just about anyone, the process of finding ones blood pressure can be a little tricky. For those people looking to get the most precise reading possible, an invasive procedure must be put into play. This means a device must be inserted into a person and the blood pressure must be read in that way. However, the most common way to measure blood pressure is to use something called a sphygmomanometer. This is normally referred to as a blood pressure cuff, since that is exactly what it is: a pressurized cuff that is attached around a person's forearm.

The cuff is usually placed around the upper left arm of a patient, at roughly the same vertical height as the person's heart. The patient must be in an upright position for the cuff to read the blood pressure correctly, because only in this position does the blood flow through the body as it should. The cuff is then inflated until enough pressure is placed on the brachial artery there for a reading to occur. The systolic pressure is taken when the cuff begins to decrease. The doctor places a stethoscope against the elbow and listens to hear when the Korotkoff sounds begin. When they do, the systolic pressure is taken. The cuff continues to deflate until the sounds are heard no more. When this occurs, the doctor takes down the diastolic pressure.

Two types of blood pressure cuffs are in existence: digital and manual. Both of these types have their ups and downs, though most people tend to use the digital blood pressure cuffs when they are taking their blood pressure at home or in a drug store. Digital cuffs are not only easier to use, they are also more practical in a noisy environment, since you don't have to listen for the Korotkoff sounds in order to get a blood pressure reading. These cuff types actually measure the mean arterial pulse, and then derive both the systolic and diastolic pressures from that. The only downside is that they cannot be used in certain conditions pertaining to health problems some people encounter. Manual sphygmomanometers are much more precise than digital ones, though they take more skill to operate and therefore are normally used only by doctors. They involve having to manually pump the cuff as well as listening for the Korotkoff sounds, which some people find difficult to gauge.



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