

1. Record Nr.	UNINA9910888009403321
Titolo	Blood Pressure : Intermediate // A.D.A.M., Inc
Pubbl/distr/stampa	New York, N.Y., : Infobase, [2013], c2010
Descrizione fisica	1 streaming video file (2 min.) : sd., col
Soggetti	Blood pressure Self-care, Health Educational films. Internet videos. Videorecording
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Nota di contenuto	Blood Pressure: Intermediate (2:00)
Sommario/riassunto	Each heartbeat forces blood to flow to your organs and tissues. The force on the walls of the arteries is called blood pressure. Blood pressure depends on how much blood the heart pumps, the diameter of the arteries through which blood is pumped, and other factors. Generally, blood pressure is higher when more blood is pumped by the heart and the diameter is reduced. Stressful situations can temporarily increase blood pressure. Systolic pressure is measured when the heart ventricles contract. Diastolic pressure is measured when the ventricles relax. A systolic blood pressure of 120 mm Hg (millimeters of mercury) and a diastolic pressure of 80 mm Hg is in the middle of the range of normal blood pressures. A consistent reading of 140 mm Hg over 90 mm Hg qualifies as high blood pressure. If left untreated, high blood pressure could damage important organs such as the brain and kidneys.