



# A Simple Guide to Understanding Blood Pressure

*Terrell Clements*

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More than 65 million adults in the United States have high blood pressure, where their blood pressure is higher than normal.

Another 65 million individuals are at risk of developing the condition because they have pre-hypertension, meaning their blood pressure is above normal but not high enough to be diagnosed as hypertension, or they have other medical problems like kidney disease, heart disease, diabetes, and more.

Are you one of these individuals? Would you like to know how to determine if you already have this condition and how it is treated? Would you like to know how it can be prevented? This eBook will share many facts about high blood pressure so you can know how to educate yourself and your family about this common health problem.

A Simple Guide to Understanding Blood Pressure covers the following topics and more:

- What is High Blood Pressure?
- Are You At Risk for High Blood Pressure?
- Hypertension Classification
- Proper Blood Pressure Measurement Technique
- Signs and Symptoms of Hypertension
- Exams and Tests to Detect High Blood Pressure
- Prevention of High Blood Pressure
- Treatment for High Blood Pressure
- Complications of Hypertension

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