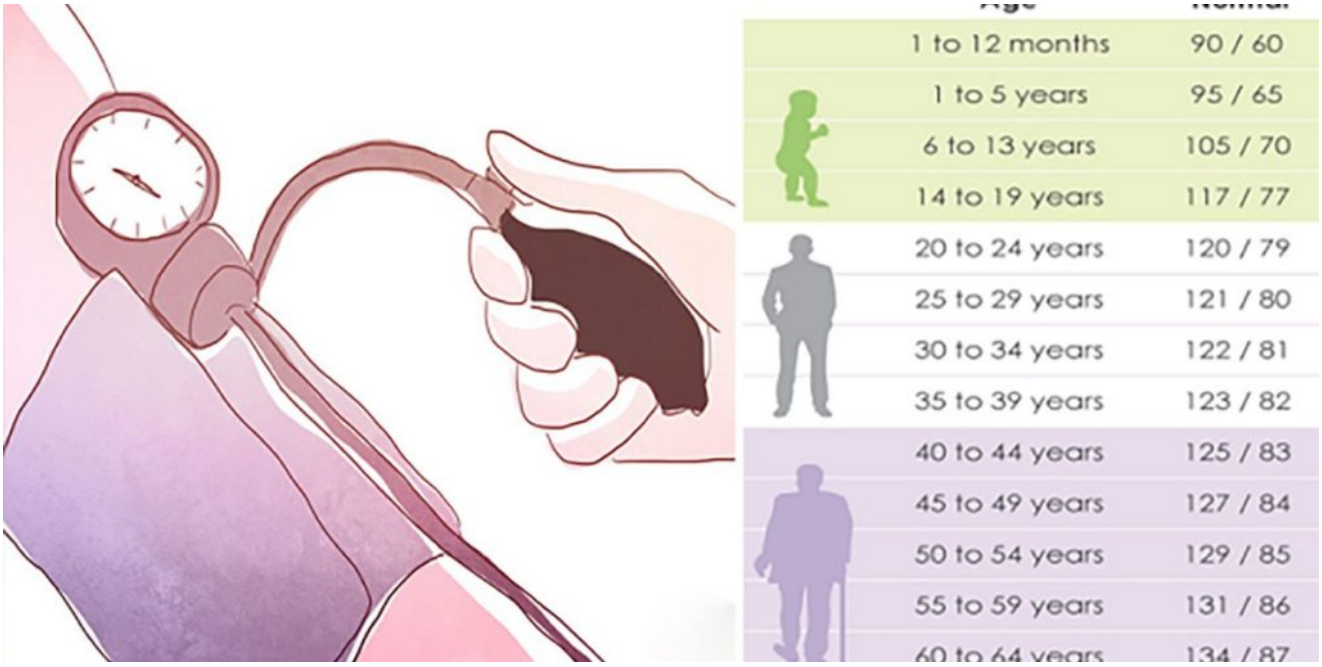
HEALTHY TIPS

What Is the Normal Blood Pressure for Your Age?

By bestfolkmedicine · 21/07/2018 · 2 min read



As you may already know, blood pressure is an essential indicator of our health. One's blood pressure can be low, normal, or high. Nowadays, unfortunately, hypertension or chronic high blood pressure has become a problem for a large part of the world population.

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Believe it or not, there are a lot of people who suffer from it without actually knowing. This is why it is important to learn the ranges for each type of blood pressure according to our gender and age and consult our physician if we notice any type of problem with our blood pressure.

What Are the most Common Symptoms of Hypertension?

- Blurry vision
- Nausea
- Shortness of breath
- Dizziness
- Strong headaches
- Vomiting

When left untreated, high blood pressure can lead to even more serious health-related complications. Here are some of them:

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- Loss of memory
- Heart attack
- Stroke
- Kidney damage

Important to Note:

If you have been experiencing some of the aforementioned symptoms, please, consult your physician to determine the underlying cause and get adequate treatment.

What Is a Normal Blood Pressure for Your Age & Gender?

The blood pressure is recorded in millimetres of mercury and it uses two numbers, i.e. a systolic and diastolic pressure. The former is the strength with which the heart pumps blood throughout the body whereas the latter is the resistance to blood flow in the blood vessels and this is the second number in the reading.

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A normal blood pressure is considered to be one between 90/60mmHg and 120/80mmHg. Anything lower or higher than these two ranges is considered to be low blood pressure or high blood pressure, respectively. Let us take a look at what a normal blood pressure looks like according to

age:

- **1 to 12 months – 90/60mmHg**
- **1 to 5 years – 95/65mmHg**
- **6 to 13 years – 105/70mmHg**
- **14 to 19 years – 117/77mmHg**
- **20 to 24 years – 120/79mmHg**
- **25 to 29 years – 121/80mmHg**
- **30 to 34 years – 122/81mmHg**
- **35 to 39 years – 123/82mmHg**
- **40 to 44 years – 125/83mmHg**
- **45 to 49 years – 127/84mmHg**
- **50 to 54 years – 129/85mmHg**
- **55 to 59 years – 131/86mmHg**
- **60 to 64 years – 134/87mmHg**

To have a better grasp of your blood pressure, make sure you check out the video shown below:

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Sources:

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