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### **your guide to an pdf**

Your Guide to Lowering Blood Pressure 2 What Are High Blood Pressure and Prehypertension? Blood pressure is the force of blood against the walls of arteries. Blood pressure rises and falls throughout the day. When blood pressure stays elevated over time, it's called high blood pressure. The medical term for high blood pressure is hypertension.

### **Your Guide to Lowering Blood Pressure**

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### **Your Guide to Regulated Child Care, DCF-P-2436**

Your Guide to Choosing a Nursing Home or Other Long-Term Care

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your health is to work with your health care team to keep your blood glucose, blood pressure, and cholesterol levels in your target range. Targets are numbers you aim for. Who is part of your health care team? Most people with diabetes get care from primary care providers, such as internists, family physicians, or pediatricians.

### **Your Guide to Diabetes - niddk.nih.gov**

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