

High blood pressure is called **The Silent Disease**

Because for some, it does not show any symptoms or signs
Even if the readings are very high and life threatening

Some signs of high blood pressure are

bleeding from the nose



shortness of breath



severe headache



diastolic blood pressure	Systolic blood pressure	blood pressure level
Normal	Below 120	Below 80
pre-hypertension	120-139	80-89
Hypertension	140-159	90-99
severe hypertension	more than 160	more than 100