Common Causes of Fluctuating Blood Pressure

One in three Americans has high blood pressure. Blood pressure is the measurement of the force of the blood against the walls of the arteries. There are several factors that can lead to fluctuating blood pressure, with either abnormally low readings or abnormally high readings. Constant high blood pressure can damage the heart muscle or blood vessels. If fluctuating blood pressure remains uncontrolled it can lead to heart disease.

When Fluctuating Blood Pressure Readings are Normal

Fluctuating blood pressure will happen normally throughout the day. This type of fluctuation is based on a person’s circadian rhythm. The circadian rhythm is the process of behavioral, biochemical and physiological processes in the body. A person’s blood pressure is typically at its lowest when a person wakes up in the morning. Their BP will usually peak in the afternoon. Normal fluctuations can be between five and fifteen mmHg.

High blood pressure, also referred to as hypertension, is a common cause for blood pressure fluctuations. It’s important that you keep in mind that one high BP reading doesn’t signal hypertension. This type of condition is diagnosed after several high BP readings. If this condition is left uncontrolled or untreated it can cause severe fluctuations. Only a physician can accurately treat and diagnose hypertension.

Certain food sensitivities can trigger fluctuating blood pressure. After consuming one of these trigger foods, a person’s BP can drastically rise. This is especially true for a person with a salt sensitivity who consumes a very salty meal. If these fluctuations do not frequently occur, then there’s usually little cause for concern. If they occur often then a person will need to make changes to their diet.

Other Factors that can Cause a Fluctuating BP

The human body deals with stress by increasing the blood sugar, heart rate, blood pressure and respiration rate. During a stressful time, the peripheral arteries will constrict, which will cause the heart to work harder in order to get the oxygenated blood to the body’s tissues. On occasion,
stress is not usually harmful. Frequent stressful episodes can lead to chronic fluctuating BP readings. This can be very harmful and should be treated and diagnosed as soon as possible.

Caffeine, which is a stimulant, will produce a temporary increase in blood pressure. Three to four cups of coffee can cause an increase of four to thirteen mmHg. If a person does not regularly consume caffeine the fluctuation or rise may be more significant. The exact cause of the increase in blood pressure is not known. It’s believed that the caffeine can cause the blood vessels to constrict.

Medications can cause fluctuating blood pressure. Some over the counter meds can temporarily cause elevations. Decongestants, acetaminophen and anti-inflammatory meds are all known to cause increased pressure. Illegal street drugs can cause worse fluctuations. These can be life threatening and very dangerous.

Adrenals are responsible for the regulation of a number of hormones and they can also majorly contribute to a person’s cardiovascular health. When the adrenals become fatigued they will not be able to properly regulate the blood pressure. The adrenals can become fatigued due to chronic or excessive stress or a prolonged illness.

Cholesterol and calcium deposits in the arteries will make the arteries become inelastic and stiff. This means the arteries will be unable to relax. This eventually leads to hypertension. This condition is most evident in older and middle-aged people. Stiff arteries will also cause the condition known as systolic hypertension.

Any time a person gets a fever; this means that their body is working to fight an infection. A fever will speed up their heart rate, which in turn will increase their blood pressure. The increase is due to the narrowing of the blood vessels. A person’s BP readings while running a fever or sick are more than likely to fluctuate.

When a person is dehydrated this can cause fluctuations as well. A drastic decrease can happen when a person becomes dehydrated. Retaining too much fluid can also affect blood pressure because water retention will increase a person’s blood volume. This will cause a person to experience elevated readings.

**When to Seek Medical Attention for Your Blood Pressure Issues**
Normal BP readings will vary from person to person. A person’s normal BP range can’t be
determined by just one reading. A number of readings at different times of day are used to
determine a person’s normal range. While at times fluctuations are relatively harmless, others are
not. Only a physician will be able to determine whether there is a cause for concern regarding
your BP.

Your physician will prescribe medication that can help to regulate your blood pressure. Other
treatments required will depend on the cause of the blood pressure issue. If chronic stress is the
culprit, your physician will work with you on ways to manage your stress levels.

**Common and Severe Side Effects of Lisinopril**

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Lisinopril is a medication that’s used to treat hypertension. Physicians also prescribe Lisinopril
to treat heart failure. Lisinopril works by lowering the levels of certain chemicals that tighten
blood vessels. This will allow the blood to flow smoothly and it also lets the heart function more
efficiently. By lowering your BP, this medication helps to reduce the risk for heart attack and
stroke. There are a number of side effects of Lisinopril and your physician or pharmacist will go
over these side effects before you begin taking this medication.

**Side Effects of Lisinopril: What you should know**

There are a number of important warnings that you should be informed of before you begin
taking this medication. If you are pregnant or breastfeeding you should not take this medication
as it can harm your baby. If you take insulin or a medication to treat diabetes, be sure that you
carefully track your blood sugar while taking Lisinopril, especially during the first thirty days, as
the combination of these drugs can affect your blood sugar.

Also be on the lookout for signs of infection such as fever or sore throat. These symptoms can
indicate a problem with your white blood cell count.

Before you begin taking this medication make sure that you tell your doctor if you have
upcoming surgeries planned, including dental surgery. Also inform your doctor about any
conditions you may have that causes trouble swallowing or breathing, as well as swelling in various parts of the body including the lower legs, feet, throat, ankles, eyes and hands.

Your physician will also need to know if you have a medical history of Lupus, kidney disease, heart disease or scleroderma. Make sure that your doctor knows if you’re pregnant or if you plan on becoming pregnant, or if you’re breastfeeding. A pregnant woman should not take this drug because it can harm an unborn baby. It’s unknown for sure whether Lisinopril passes into breast milk. Research has shown that this medication is effective and safe for children older than six and for teenagers. There is no evidence showing that it’s safe for children younger than six.

**Severe Drug Side Effects for this Medication**

Common Lisinopril side effects include dizziness, cough, headache, nausea, weakness, diarrhea, fatigue, sneezing, rash, runny nose and low sex drive. Serious side effects can also occur. If you experience any of the following side effects you should call your physician immediately. These severe side effects include swelling of the lower legs, ankles, lips, feet, eyes, hands, tongue and throat. Signs of an infection include chills, sore throat and fever. Yellowing of the eyes and skin, chest pain, fainting or lightheadedness, trouble swallowing or breathing and hoarseness are also considered severe side effects.

When you start this medication, your physician will require you to take your blood pressure at different times throughout the day in order to determine how the Lisinopril is affecting your BP levels. You’ll need to record these and bring these records to your next appointment.


**The Effects of Lisinopril and Alcohol**

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Lisinopril is used to treat congestive heart failure, hypertension and to also improve the survival rate after a person has had a heart attack. If you have kidney disease or diabetes you may not be able to use this medication. Pregnant and nursing women are also unable to take Lisinopril, which can pass into the breast milk. Lisinopril and alcohol should never be mixed as it can cause harmful side effects and alter how your body responds to the medication.

**Lisinopril and Alcohol: How to Take this Medication**

Take your medication as prescribed by your doctor and follow the directions on the prescription label. Your physician may occasionally change your dose in order to make sure that you get the
best results. Take each dose of this medication with a full glass of water. It can be taken on an empty or full stomach. Conditions that can alter the effectiveness of this medication include heavy sweating, vomiting, diarrhea, a low salt diet, heart disease and taking diuretics. Tell your healthcare provider if you have a medical condition that causes vomiting or diarrhea.

When taking this med your BP will need to be checked often and your liver and kidney function may also need to be regularly tested.

If you’re currently being treated for hypotension, keep using this medication even if you begin to feel better. Hypotension usually has no symptoms. You may need to use this medication for the rest of your life.

This medication is used to lower blood pressure. When drinking, alcohol is known to elevate blood pressure. Alcohol is a clear liquid that’s made from rye, grain, barely and corn and it contains ethyl. Within twenty minutes of consuming alcohol, the blood pressure can rise rapidly. If a person has high blood pressure, they should avoid alcohol or drink in moderation as it can raise blood pressure to an unhealthy level. All alcoholic beverages should be avoided until a healthcare professional has given advice.

**What happens if you Drink Alcohol while taking Lisinopril?**

Lisinopril and alcohol, when mixed, can result in a number of adverse side effects, such as nervousness, headaches, impotence, fainting and visual disturbances.

Consuming alcohol while on this medication can also cause nutritional problems that are due to a diminished intake of food, and excess hyperemesis due to consuming too much alcohol. This can lead to poor judgment which can be fatal if driving. Ingesting a large amount of alcohol while taking Lisinopril can also increase a person’s risk for cirrhosis and it can cause other types of liver damage as well.

It’s never a good idea to drink while taking routine medication. When taking Lisinopril alcohol consumption should be avoided. Apart from severe headaches you can also cause damage to your overall health by not eating or the mixture can affect the way your body digests food. The alcohol will put more of a strain on your liver while it’s processing the Lisinopril, causing further
damage to the body systems. All physicians will recommend ceasing alcohol use once a patient begins taking Lisinopril.


**What is Orthostatic Blood Pressure?**

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Orthostatic blood pressure is taken in order to monitor a condition called postural hypotension or orthostatic hypotension. Postural hypotension can make a person feel lightheaded, dizzy or faint when they stand up from lying down or sitting. This condition is often mild and lasts a few seconds to a few minutes after standing. Long lasting, this condition can be a sign of a more serious problem, so speak with your physician if you frequently feel lightheaded when you stand up.

**Orthostatic Blood pressure: Causes of Hypotension**

Mild cases do not require treatment. Many people will feel dizzy after standing, occasionally. Treatment for more severe cases will depend on the cause. If you have begun to experience frequent episodes your physician will require you to take your orthostatic blood pressure. Orthostatic blood pressure is taken three times: once when the patient is sitting, once lying down and once while standing. This will help a doctor to determine the underlying cause of this condition while also monitoring the severity.

The most common symptom for this type of hypotension is feeling lightheaded after standing, lying down or sitting. This type of feeling and other symptoms will happen shortly after you stand up and will usually only last a couple of seconds. Other signs and symptoms include fainting, blurry vision, confusion, weakness and nausea.
It’s important that you see your physician if you experience these symptoms frequently because they can sometimes point to other conditions. It’s helpful if you record your symptoms, how long they last and when they occur.

When a person stands up it causes the blood to pool in the legs. This will decrease blood pressure because there is less blood circulating back to the heart for it to pump. Normally, certain cells near the neck and heart arteries sense this lower BP and send signals to centers in the brain that in turn will signal the heart to work harder and pump more blood which will stabilize blood pressure. Additionally, these cells will cause the blood vessels to become narrow, which will increase resistance to blood flow and increase blood pressure.

**Conditions that can cause Low Blood Pressure**

Orthostatic hypotension can be caused by many different conditions such as dehydration, heart problems, endocrine problems, nervous system disorders and eating.

Excessive sweating, severe diarrhea, vomiting and fever can all lead to dehydration. When you become dehydrated the body loses blood volume. This will cause orthostatic hypotension symptoms.

Certain heart issues can lead to low blood pressure; these conditions include heart valve problems, heart failure and heart attack.

Addison’s disease, thyroid conditions and diabetes can trigger low blood pressure. Diabetes can also cause damage to the nerves that send the signals that regulate blood pressure.

Nervous system disorders such as Parkinson’s disease, pure autonomic failure and Lewy body dementia can disrupt the body’s normal BP regulation system.

People can also experience a low BP after eating. This type of condition is more common in the elderly.

Read More [http://ahealthybp.com/orthostatic-blood-pressure/](http://ahealthybp.com/orthostatic-blood-pressure/)

**How to Increase Blood Pressure Safely**

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How to increase blood pressure can be accomplished by using basic first aid. If you’re the patient then these tips will help you to feel better. As a caregiver you will provide a calming and knowledgeable influence in order to bring the patient through this crisis. These strategic steps for how to increase blood pressure can save lives until medical personnel arrive.
How to Increase Blood Pressure: Assessing the Situation

The first step will be to assess the situation. If this happens frequently, then this condition may be chronic. The general symptoms of low blood pressure include unsteadiness, lightheadedness, dizziness, cold and clammy skin, nausea, fatigue, weakness and blurred vision.

Try drinking water. When blood volume is increased and dehydration is alleviated then blood pressure can rise.

Another way to increase blood pressure is to drink caffeine. Doctors aren’t sure why it does this, but it’s believed that caffeine either blocks the hormones that widen the arteries or boosts adrenaline levels by directly causing a rise in your BP.

Eating something salty can also increase your blood pressure. Salt can help to make your blood pressure rise, which is why most patients who have heart issues are usually on diets that are low in sodium.

Poor circulation can also affect a person’s blood pressure. Try elevating the legs. Low blood pressure can occur when a person has remained immobile for a long period of time. Elevating the legs will cause an immediate rush of blood to travel back to the heart. Compression hose is typically recommended because of this, in order to reduce blood from pooling in the legs.

Low blood pressure can be caused by forgetting to take medication. Many meds lower or increase blood pressure, even if just as a side effect. If you’re the patient take your medication as soon as possible or if you’re the caregiver administer the medication.

It’s common for even very healthy people to experience episodes of low blood pressure. You can dance around or pump your feet a few times before standing up, in order to boost your BP. You should exercise on a regular basis in order to promote blood flow. If it’s an ongoing issue, exercise often and eat smaller meals, five to six times a day.

When it’s Time to Call the Doctor
If you’re experiencing severe symptoms or if your blood pressure is dangerously low, contact your physician immediately. Follow your physician’s instructions and remain in close contact with them until your BP rises. Your physician may tell you to take your blood pressure again in a few minutes or call 911 or they may ask you to have someone drive you to the emergency room, depending on your medical history and your current condition.

Read More http://ahealthybp.com/how-to-increase-blood-pressure/

**How to Take Blood Pressure Manually: A Guide**

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You don’t need to go to your doctor’s office in order to get a blood pressure reading, you can take your own BP at home. This is very important if your physician recommends that you monitor your BP on a regular basis. How to take your blood pressure manually is fairly easy, once you get the hang of it.

**Tips for How to Take Blood Pressure Manually**

There are some factors that will cause a person’s blood pressure to rise temporarily, such as cold temperatures, smoking, stress, exercise, certain medications, sickness and caffeine. Keep these factors in mind and avoid them prior to taking your blood pressure. You should also try to take your BP at the same time every day. You’ll need to record the results each time you take your BP, as your physician will want to determine if you have chronic low, high or fluctuating blood pressure.

You’ll need to listen for your heartbeat. Make sure that you’re relaxed and comfortable. Roll up your sleeve or remove any tight sleeved clothing. Your arm should be resting at heart level.

Start off by locating your pulse. To locate your pulse use your index and middle fingers and press lightly on the inside center of the bend in your elbow. If you’re unable to locate the pulse
you can also place the head of a stethoscope in the same area. Next, place the cuff on your upper arm, right above the elbow bend. Be sure that the head of the stethoscope is placed directly over the artery. The bottom of the cuff is usually marked with an arrow to show you where to place the stethoscope head. The edge of the cuff should be one inch above the artery.

Hold the gauge in one hand and the bulb in the other. Close the bulb’s airflow valve by turning the screw clockwise. Then, begin to inflate the cuff. Keep your eye on the gauge and keep pumping up the cuff until the gauge reads thirty points above your expected systolic reading. Release the pressure slowly while keeping your eye on the gauge. Listen for the first pulse beat, as this will be your systolic number. As you listen to the cuff slowly deflating, the last pulse beat you hear will be your diastolic number. Be sure that the cuff completely deflates.

**Digital VS Manual BP Cuffs: Why Manual Cuffs are Safer**

It will take some practice to get the hang of how to take blood pressure manually. If you need to take your blood pressure prior to taking medication, be sure that you take your BP two or three times until you get the hang of it.

Digital cuffs are not normally recommended because they need to be calibrated quite frequently and because of this they are not considered very reliable.

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