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web nov 9 2023 niedrige blutdruckwerte von einem niedrigen blutdruck hypotonie wird erst ab werten von unter 100 60
mmhg gesprochen liegen die werte unter 120 80 mmhg ist das in der regel unbedenklich wenn keine begleiterscheinungen
wie hoher puls ohrensausen müdigkeit schwindel sehstörungen oder ohnmacht vorliegen

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web starten sie die messung machen sie zwischen zwei messungen min destens eine minute pause die werte schwanken

laufend das ist normal sie werden daher selten zwei gleiche werte hinter einander erhalten der normwert geht bis maximal 135 85 mmhg höher sollte der blut druck normalerweise nicht sein bis auf wenige ausnahmen