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Dizzy All The Time? Your Blood Pressure May Be Too Low



Most people have had their blood pressure dip below normal from time to time. If it's a regular occurrence though, something serious could be wrong. Here's a look at what low blood pressure looks like and when you need to get in touch with your doctor.

What Does Low Blood Pressure Mean?

Blood pressure is used to describe what happens when your heart is active and resting during each heartbeat. The systolic reading shows how much your heart is working to pump blood through the arteries.

The diastolic reading shows the residual pressure in the arteries when your heart is at rest. When testing the blood pressure, the top number is systolic while the bottom number is diastolic.

Ideally, normal blood pressure is at or close to 120/80. For adults, low blood pressure is considered to be 90/60 or lower. This number will likely differ for children or older adults.

General Symptoms of Low Blood Pressure

If you're dealing with low blood pressure, it's likely that you'll experience one or more of the following symptoms:

- Fainting
- Dizziness
- Lightheadedness
- Nausea
- Fatigue
- Blurred vision
- An inability to concentrate
- Chest pain
- Increased thirst

In extreme cases, the symptoms will be more significant. These are:

- Having cold or clammy skin
- Being confused
- A weak and rapid pulse
- Having rapid, shallow breathing

These last set of symptoms are a sign that your body has gone into shock. In that instance, you'll need medical attention immediately.

What Can Cause Your Blood Pressure To Drop

Changes in your diet, being dehydrated, or getting up quickly after being seated for a long time can result in a temporary drop in blood pressure. It's more permanent or life-threatening issues that you'll need to be concerned with.

- **Pregnancy** – a rapidly expanding circulatory system can affect your blood pressure level.
- **Heart conditions** – issues with the heart valve as well as dealing with a low heart rate, heart failure, or heart attack will lead to a less than ideal blood pressure.
- **Problems with the endocrine system** – low blood sugar, thyroid disease, and Addison's Disease are a few of the illnesses that can lead to low blood pressure.
- **A poor diet** – if you're not getting enough B vitamins in your diet, it can affect how well your body maintains its blood pressure.
- **A critical infection** – a severe blood infection can send the body into septic shock.
- **Significant blood loss** – an injury that causes severe blood loss will cause a drop in pressure. This is especially important if you suspect internal bleeding.
- **Anaphylactic shock** – This extreme reaction to an allergen can cause a variety of symptoms. Along with hives, trouble breathing, and a swollen throat, a dangerous drop in our blood pressure can be expected.
- **Certain medications** – There is a long list of drugs that can cause a drop in your blood pressure. This includes the medications used to treat depression, high cholesterol, water retention, Parkinson's disease, and heart disease.

Additionally, the type of low blood pressure you have can differ.

That's why it's important to see your doctor. In that way, you'll get a treatment program that addresses the cause of the issue as well as the type of blood pressure problem you have.

When You Need a Doctor

As mentioned in a previous section, any sign of shock means you need to contact a doctor.

More subtle symptoms may also need medical intervention. For example, if you're feeling dizzy or lightheaded constantly, that's something to discuss with your doctor.

Additionally, persons who have consistently low blood pressure but have no symptoms need to be assessed for any underlying conditions.

While a temporary drop in blood pressure can happen, you should definitely be concerned if you're experiencing the symptoms listed here regularly.

Ignoring consistently low blood pressure can have a drastic effect on your overall health.

March 23, 2021 by [Karen Heslop](#)

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