

# Indianola Community School District November Newsletter

## Blood Pressure



Whether you have high blood pressure, low blood pressure or somewhere in-between it is important to know your baseline along with factors that can effect your blood pressure.

**The Basics-** [The Basics of Blood Pressure](#)

**High Blood Pressure Symptoms-** [Symptoms](#)

**High Blood Pressure Threats-** [Threats](#)

**Low Blood Pressure-** [Symptoms Causes Threats](#)

**Blood Pressures in Youth-** [Youth](#)

[High-Blood-Pressure Handout](#)

