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Know Your Blood Pressure – And What To Do About It

The newest guidelines for hypertension:

NORMAL BLOOD PRESSURE

<120 mmHg (systolic)

AND

<80 mmHg (diastolic)

Recommendations: Healthy lifestyle choices and yearly checks.

ELEVATED BLOOD PRESSURE

120-129 mmHg (systolic)

AND

<80 mmHg (diastolic)

Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

HIGH BLOOD PRESSURE/STAGE 1

130-139 mmHg (systolic)

OR

80-89 mmHg (diastolic)

Recommendations: 10-year heart disease and stroke risk assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

HIGH BLOOD PRESSURE/STAGE 2

≥140 mmHg (systolic)

OR

≥90 mmHg (diastolic)

Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP is controlled.

**Individual recommendations need to come from your doctor.*

Source: American Heart Association's journal Hypertension