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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 6 months.

HIGH BLOOD PRESSURE/STAGE 1

130-139 mmHg (systolic)

OR

80-89 mmHg (diastolic)

n with monthly follow-up. - 0.00. >L OR H ò ì u u , P ~] • š }

*Individual recommendations need to come from your doctor.

Source: American Heart Association's journal Hypertension