



All About Blood Pressure

What category are you in?

These are the categories in updated Blood Pressure guidelines from the National Institutes of Health.

	Systolic (top number)		Diastolic (bottom number)	What you should do
Normal	Less than 120 <i>Used to be <130</i>	and	Less than 80 <i>Used to be <85</i>	Keep up the good work!
Prehypertension <i>Blood pressure in this category used to be considered high-normal.</i>	120-139	or	80-89	Change health habits. If you're heavy, lose weight. Reduce salt in your diet. Eat more fruits and vegetables and get more exercise. Moderate alcohol consumption might help, too. Medications are not recommended at this stage.
Stage 1 hypertension	140-159	or	90-99	Change health habits and take a blood pressure medication, probably starting with a diuretic. If you have another health problem (diabetes, angina, kidney disease, etc.) then a different drug (beta blocker, ACE inhibitor, etc.) is probably necessary.
Stage 2 hypertension <i>The Stage 3 hypertension category has been eliminated.</i>	160 and higher <i>Used to be 160-179</i>	or	100 and higher <i>Used to be 100-109</i>	Change health habits and take two blood pressure medications, usually a diuretic and something else.