

BLOOD PRESSURE VALUES

New 2017 AHA guidelines have eliminated pre-hypertension and lowered the threshold for the diagnosis of hypertension to allow for earlier intervention.

Blood pressure categories in the new guideline are:

Normal: Less than 120/80 mm Hg;

Elevated: Systolic between 120-129 and diastolic less than 80;

Stage 1: Systolic between 130-139 or diastolic between 80-89;

Stage 2: Systolic at least 140 or diastolic at least 90 mm Hg;

Hypertensive crisis: Systolic over 180 and/or diastolic over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

CATEGORY	Systolic mmHg	Diastolic mmHg
Normal	<120	<80
Elevated	120-129	<80
Stage 1	130-139	80-89
Stage 2	>140	>90
Hypertensive Crisis	>180	>120

SOURCE:

<http://www.acc.org/latest-in-cardiology/articles/2017/11/08/11/47/mon-5pm-bp-guideline-aha-2017>