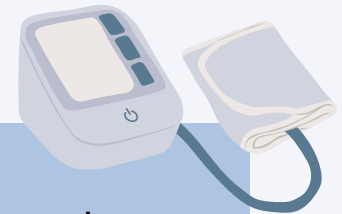


Adult Blood Pressure Table

New Blood Pressure Ranges/Categories



BLOOD PRESSURE CATEGORY	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)	Management
Normal	Less than 120	and	Less than 80	Keep up with heart-healthy habits
Elevated	120 to 129	and	Less than 80	Likely to develop high blood pressure unless steps are taken to control it
High Blood Pressure (Hypertension) Stage 1	130 to 139	or	80-89	Health care provider may modify pharmacological treatment based on the risk of atherosclerotic cardiovascular disease; positive lifestyle changes are needed
High Blood Pressure (Hypertension) Stage 2	140 and higher	or	90 and higher	Health care providers are likely to prescribe a combination of blood pressure medications; positive lifestyle changes are needed
Hypertensive Crisis (Consult a physician immediately)	Higher than 180	and /or	Higher than 120	Requires medical attention; call 911 if there are signs of organ damage