

# Know your blood pressure and what to do about it.

By American Heart Association News

The newest guidelines for hypertension:

Normal blood pressure—120 mmHG and 80 mmHg

\*Recommendation: Healthy lifestyle choices and yearly checks

Elevated blood pressure – 120-129 mmHG and 80 mmHG

\*Recommendation: Healthy lifestyle changes, reassessed in 3 to 6 months.

High blood pressure

Stage 1 – 130-139 mmHG or 80-89 mmHG

\*Recommendation: 10-year heart disease and stroke risk assessment. If it shows less than 10 percent risk, lifestyle changes and medication, reassessed in 3 to 6 months. If higher, medication with monthly follow-ups until BP is controlled

Stage 2 – 140 mmHG or 90 mmHG

\*Recommendation: 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

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