



Blood Pressure Basics

Blood pressure is the pressure of circulating blood against the walls of blood vessels. High blood pressure is a major risk factor for heart attack and stroke.

SYSTOLIC
—
DIASTOLIC

<120mmHG
— & —
<80mmHG

NORMAL BLOOD PRESSURE

Recommendations: Healthy lifestyle choices and yearly checks.

120-129mmHG
— & —
<80mmHG

ELEVATED BLOOD PRESSURE

Recommendations: Healthy lifestyle changes, reassessed in 3-6 months.

130-139mmHG
— or —
80-89mmHG

HIGH BLOOD PRESSURE: STAGE 1

Recommendations: 10-year heart disease and stroke assessment. If less than 10% risk, lifestyle changes, reassessed in 3-6 months. If higher, lifestyle changes and medication with monthly follow-ups until BP controlled.

>140mmHG
— or —
>90mmHG

HIGH BLOOD PRESSURE: STAGE 2

Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until BP controlled.