

BLOOD PRESSURE CHART

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	DIASTOLIC mm Hg (lower number)
HYPERTENSIVE CRISIS consult your doctor right away.	Higher than 180	Higher than 120
HIGH BLOOD PRESSURE Hypertension Stage 2	140 OR HIGHER	90 OR HIGHER
HIGH BLOOD PRESSURE Hypertension Stage 1	130 - 139	80-89
ELEVATED	120 - 129	LESS THAN 80
NORMAL	130 - 139	LESS THAN 80



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Information taken from the American Heart Association.