

High Blood Pressure : What to Look For and How to Respond

****Know the two types of High Blood Pressure (HBP) crisis to watch for**

There are two types of hypertensive crises—both require immediate attention as early evaluation of organ function is critical to determine an appropriate course of action.

Hypertensive Urgency

If your blood pressure is **180/120** or greater, wait about five minutes and try again. If the second reading is just as high and you are not experiencing any other associated symptoms of target organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision, or difficulty speaking, this would be considered a hypertensive urgency. Your healthcare provider may just have you adjust or add medications, but rarely requires hospitalization.

Hypertensive Emergency

If your blood pressure reading is **180/120 or greater and you are experiencing any other associated symptoms** of target organ damage such as chest pain, shortness of breath, back pain, numbness/weakness, change in vision, or difficulty speaking then this would be considered a hypertensive emergency. Do not wait to see if your pressure comes down on its own, Call 9-1-1.

American Heart Association reference

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/GettheFactsAboutHighBloodPressure/Hypertensive-Crisis-When-You-Should-Call-9-1-1-for-High-Blood-Pressure_UCM_301782_Article.jsp#.WuCU6PkwiUk