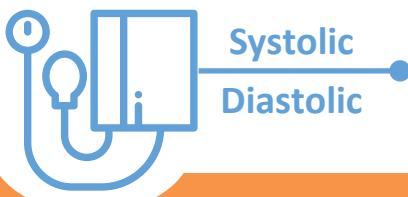


# New Blood Pressure Guidelines from the American Heart Association



$\geq 140$  mmHg

or

$\geq 90$  mmHg

130–139 mmHg

or

80–89 mmHg

120–129 mmHg

and

$<80$  mmHg

$<120$  mmHg

and

$<80$  mmHg

## High Blood Pressure/Stage 2

*\*Recommendations: Lifestyle changes and 2 different classes of medicine, with monthly follow-ups until blood pressure (BP) is controlled.*

## High Blood Pressure/Stage 1

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

## Elevated Blood Pressure

*\*Recommendations: Healthy lifestyle changes, reassessed in 3–6 months.*

## Normal Blood Pressure

*\*Recommendations: Healthy lifestyle choices and yearly checks.*

*\*Individual recommendations need to come from your doctor.*

Source: American Heart Association. ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Available at <http://hyper.ahajournals.org/content/early/2017/11/10/HYP.0000000000000065>.

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