THEEMTSPOT
YOUR BLOOD PRESSURE SPECIALIST

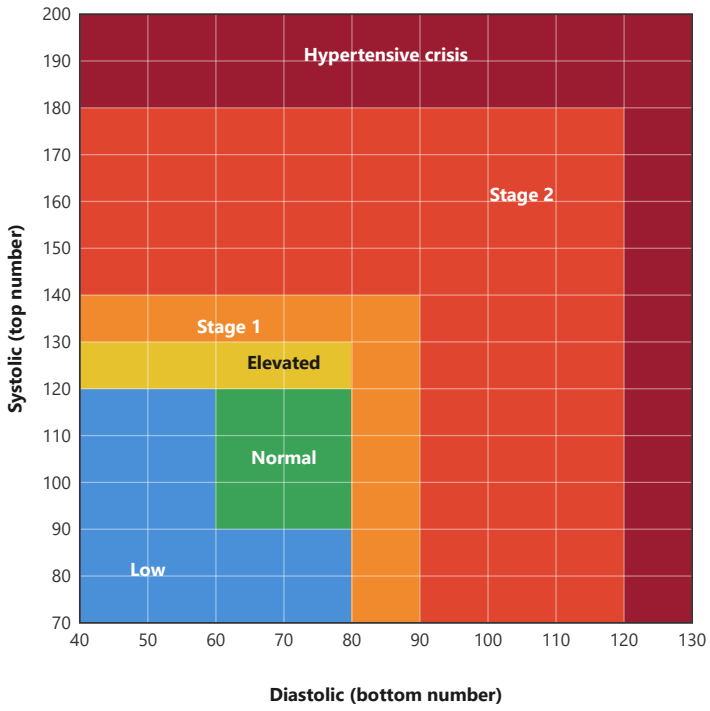
Blood Pressure Chart

Adult blood pressure categories (AHA/ACC), in mmHg

CATEGORY	SYSTOLIC top number		DIASTOLIC bottom number	WHAT TO DO
Low blood pressure common cutoff, not an AHA category	**below 90**	or	**below 60**	A concern mainly with dizziness or fainting. Sit or lie down, drink fluids and stand up slowly.
Normal	**below 120**	and	**below 80**	Keep healthy habits and check your blood pressure regularly.
Elevated	**120-129**	and	**below 80**	Work on diet, activity, salt and alcohol to stop it from rising.
Stage 1 hypertension	**130-139**	or	**80-89**	Talk to your doctor about lifestyle changes and whether you need medication.
Stage 2 hypertension	**140 or higher**	or	**90 or higher**	See your doctor. Treatment usually combines medication and lifestyle changes.
Hypertensive crisis	**above 180**	and/or	**above 120**	No symptoms: wait at least 1 minute and recheck. Symptoms: call 911 or your local emergency number.

"Or" means one number in the range is enough. When your two numbers fall into different categories, the higher category applies.

FIND YOUR READING



HOW TO USE THE CHART

1. Find your systolic (top) number on the left side.
2. Find your diastolic (bottom) number along the bottom.
3. The color where the two lines meet is your category.

One high reading does not mean you have hypertension. Doctors look at the average of several readings taken on different days.

WHEN TO GET HELP

Systolic above 180 or diastolic above 120 without symptoms: wait at least 1 minute and measure again. Contact your healthcare professional if it stays this high.

Systolic above 180 or diastolic above 120 with symptoms such as chest pain, shortness of breath, back pain, numbness or weakness, vision changes or difficulty speaking: **call 911** or your local emergency number.

Low reading with fainting, confusion, chest pain or cold, clammy skin: get emergency help.

MY TARGET BLOOD PRESSURE

Target: _____ / _____ mmHg

Set by: _____

For adults 18+. Categories from the 2017 ACC/AHA guideline. Children and pregnant women use different ranges. This chart does not replace medical advice.

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