Know your Numbers

Blood Pressure Categories

Blood Pressure Category	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less Than 120	and	Less Than 80
Elevated	120-129	and	Less Than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or Higher	or	90 or Higher
Hypertensive Crisis (consult your doctor immediatly)	Higher Than 180	and/or	Higher Than 120

Note:

A diagnosis of high blood pressure must be confirmed with a medical professional.
A doctor should also evaluate any unusually low blood pressure readings.

To know more write to us at **info@trister.com**

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