



Diagnostic criteria for Hypertension

Diagnosis	Systolic Blood pressure (mmHg)		Diastolic Blood pressure (mmHg)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
Hypertension stage 1	130-139	or	80-89
Hypertension stage 2	140 or higher	or	90 or higher
Hypertensive crisis (EMERGENCY)	higher than 180	and/or	higher than 120

Pressures should be confirmed by taking 2 measurements on separate office visits. Your doctor may have you keep a blood pressure log at home. Hypotension (low blood pressure) is a measurement of 90 mmHg systolic and 60 mmHg diastolic or less.

WHO SHOULD BE SCREENED FOR HYPERTENSION

1. All adults over 40 years of age should be screened annually for hypertension, however, there are risk factors that make one more likely to have hypertension. These risk factors include:

- Older age, greater than 65 years old
- Being Male
- Being African American
- A family history of hypertension
- Chronic Kidney Disease
- Excessive weight BMI greater than 25
- Lack of physical exercise
- Drinking too much alcohol
- Sleep apnea
- Diabetes
- High Cholesterol
- High stress
- Tobacco use
- Diets high in sodium or fat

2. Adults 18-39 with no risk factors should be screened every 3-5 years

3. Adults over the age of 40 or those with risk factors should be screened annually

