

# BLOOD PRESSURE CHART

## SYSTOLIC

mm Hg (upper #)

## DIASTOLIC

mm Hg (lower #)

<b>EMERGENCY CARE NEEDED</b> 180+	or	<b>EMERGENCY CARE NEEDED</b> 110+
<b>HYPERTENSION STAGE 2</b> 160+	or	<b>HYPERTENSION STAGE 2</b> 100+
<b>HYPERTENSION STAGE 1</b> 140-159	or	<b>HYPERTENSION STAGE 1</b> 90-99
<b>PREHYPERTENSION</b> 120-139	or	<b>PREHYPERTENSION</b> 80-89
<b>OPTIMAL</b> Less than 120	and	<b>OPTIMAL</b> Less than 80

Your doctor should evaluate unusually low blood pressure readings



## GREATER LANSING

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**MGL-35210-1**

