

### **Controlling High Blood Pressure**

High blood pressure is a reading of 140/90 mmHg or higher. Nearly 1 in 3 American adults has high blood pressure. High blood pressure is called the silent killer because it usually has no symptoms. Some people may not find out they have it until they have trouble with their heart, brain or kidneys.

- Normal blood pressure is lower than 120/80 mmHg.
- Prehypertension is blood pressure between 120 and 139 for the top number, or between 80 and 89 for the bottom number. For example, blood pressure readings of 138/82, 128/89, or 130/86 are all in the prehypertension range. If your blood pressure is in the prehypertension range, it is more likely that you will end with high blood pressure unless you take action to prevent it.

There are two levels of high blood pressure: stage 1 and stage 2 (see the chart below).

#### **Categories for Blood Pressure Levels in Adults in mmHg (millimeters of mercury)**

<b>Category</b>	<b>Systolic (top number)</b>	<b>Diastolic (bottom number)</b>
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High blood pressure		
Stage 1	140-159	90-99
Stage 2	160 or higher	100 or higher

Below you can find the link to the guidelines from the Joint National Committee on Prevention, Detection and Treatment of High Blood Pressure. This committee is composed of the National Institutes of Health, the National Heart, Lung and Blood Institute and the National High Blood Pressure Educational Program. The link is as follows:

[www.americanheart.org](http://www.americanheart.org)