

# NEW STANDARDS FOR HIGH BLOOD PRESSURE: WHO'S AT RISK?

In November 2017, the American Heart Association and the American College of Cardiology updated their guidelines for high blood pressure. Millions of Americans have been reclassified as at-risk for a heart attack or stroke. But how will patients know if their status has changed?

**“The new guidelines should help people prevent, diagnose and treat high blood pressure sooner”**

- Dr. Steven Houser,  
American Heart Association

## WHAT THIS MEANS

- Nearly **1 in 2 American adults** suffer from high blood pressure. That's about **103 million people**, many under 45.
- High blood pressure has nearly tripled among **men age 20 to 44**, and it has almost doubled in **women under 45**.
- **25% of cardiovascular events** (coronary heart disease, stroke, heart failure) are **attributed to hypertension**.

## THE GUIDELINES

Blood pressure category	Systolic mmHg (TOP NUMBER)		Diastolic mmHg (BOTTOM NUMBER)
<b>Normal</b>	<b>Less than 120</b>	<b>and</b>	<b>Less than 80</b>
<b>Elevated</b>	<b>120 to 129</b>	<b>and</b>	<b>Less than 80</b>
<b>High blood pressure</b> HYPERTENSION STAGE 1	<b>130 to 139</b>	<b>or</b>	<b>80 to 89</b>
<b>High blood pressure</b> HYPERTENSION STAGE 2	<b>140 or Higher</b>	<b>or</b>	<b>90 or Higher</b>
<b>Hypertensive emergency</b> SEE YOUR DOCTOR RIGHT AWAY	<b>Higher than 180</b>	<b>and/or</b>	<b>Higher than 120</b>

## KNOW YOUR NUMBERS AND TAKE CARE OF YOUR HEART

Home blood pressure monitors are an excellent way to encourage patients to take charge of their heart health. They provide clinically-accurate at-home measurements, and many track patients' progress via apps that allow them to share the data with their health care providers.

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