

BLOOD PRESSURE CHART

BLOOD PRESSURE CATEGORY	MAX	mmHg	MIN	
HIGH BLOOD PRESSURE - STAGE 4 HYPERTENSION - STAGE 4	ABOVE 210		ABOVE 120	HYPERSENSITIVE CRISIS
HIGH BLOOD PRESSURE - STAGE 3 HYPERTENSION - STAGE 3	$\frac{180}{110}$	$\frac{210}{120}$		
HIGH BLOOD PRESSURE - STAGE 2 HYPERTENSION - STAGE 2	$\frac{160}{100}$	$\frac{179}{109}$		
HIGH BLOOD PRESSURE - STAGE 1 HYPERTENSION - STAGE 1	$\frac{140}{90}$	$\frac{159}{99}$		
PRE-HIGH BLOOD PRESSURE PRE-HYPERTENSION	$\frac{130}{85}$	$\frac{139}{89}$		
HIGH NORMAL BLOOD PRESSURE	$\frac{121}{81}$	$\frac{129}{84}$		NORMAL BLOOD PRESSURE
NORMAL BLOOD PRESSURE IDEAL BLOOD PRESSURE	$\frac{100}{65}$	$\frac{120}{80}$		
LOW NORMAL BLOOD PRESSURE	$\frac{90}{60}$	$\frac{99}{64}$		
LOW BLOOD PRESSURE MODERATE HYPOTENSION	$\frac{70}{40}$	$\frac{89}{59}$		
TOO LOW BLOOD PRESSURE SEVERE HYPOTENSION	$\frac{50}{35}$	$\frac{69}{39}$		DANGEROUSLY LOW BLOOD PRESSURE
EXTREMELY LOW BLOOD PRESSURE EXTREMELY SEVERE HYPOTENSION	BELOW 50		BELOW 35	



Good Blood

M Walker



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