

Here's an interesting update on the BP guidelines.

Dear Dr,

Recently, the American Heart Association (AHA) updated its definition of blood pressure (BP) classifications. For many years, a BP reading of less than 140/90 was considered normal. However, under the new guidelines: a BP of **140/90 is now classified as Stage II Hypertension !!** According to the latest classification, a normal blood pressure reading is now defined as being less than 130/80.

The blood pressure treatment goal is <130/80 mm Hg for all adults,

Table. Categories of Blood Pressure in Adults*

	SBP		DBP
BP Category			
Normal	<120 mm Hg	and	<80 mm Hg
Elevated	120 to 129 mm Hg	and	<80 mm Hg
Hypertension			
Stage 1	130 to 139 mm Hg	or	80 to 89 mm Hg
Stage 2	≥140 mm Hg	or	≥90 mm Hg