

# BLOOD PRESSURE

## What defines High Blood Pressure (BP)?

Categories for Blood Pressure Levels in Adults (Aged 18 Years and Older)			
Classification	Systolic BP (mm Hg)		Diastolic BP (mm Hg)
Normal BP	100 - 119	and	60 - 79
High-Normal BP	120 - 139	or	80 - 89
<b>High Blood Pressure</b>			
Stage 1 hypertension	140 - 159	or	90 - 99
Stage 2 hypertension	> 160	or	> 100
Isolated Systolic Hypertension*	> 140	and	< 90

### Is your BP healthy?

A healthy blood pressure reading should be lower than 120 mmHg systolic and 80 mmHg diastolic.

A blood pressure of 140/90 mmHg or higher indicates high blood pressure.

\*Isolated systolic hypertension is classified as Stage 1 or 2 depending on the systolic reading

**Note:** When systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify blood pressure level. For example, a reading of 160/80 mmHg would be stage 2 hypertension (high blood pressure). Consult your healthcare professional for further advice!

## Types of Blood Pressure Monitors

Type	Wrist Monitors	Arm Monitors
<b>Pros</b>	<ul style="list-style-type: none"> <li>• Compact and lightweight</li> <li>• Easy to use</li> <li>• Big display window</li> </ul>	<ul style="list-style-type: none"> <li>• More accurate results</li> <li>• Easy to use</li> <li>• Big display window</li> </ul>
<b>Cons</b>	<ul style="list-style-type: none"> <li>• Extremely sensitive to body position</li> <li>• Less reliable results if device is not used properly</li> </ul>	<ul style="list-style-type: none"> <li>• Bulky device</li> <li>• Some monitors require a power source and are not easily portable</li> </ul>

### Novel Functions of Blood Pressure Meters!

- Body Movement Detection technology will inform you that movement may have affected the blood pressure reading.
- Pressure sensing technology enables the cuffs to inflate and deflate at the optimal level for the user to get accurate readings.
- Built-in memory settings for multiple users.
- Built-in irregular heartbeat monitors to check for any irregularity in heartbeats.

### Who can you ask for further information on blood pressure monitoring devices?

Your pharmacist can further advise you on choosing the appropriate blood pressure monitoring device, how to interpret the readings and direct you to medical care if needed!

