WHAT IS YOUR BLOOD PRESSURE ?

Blood pressure (mm Hg)		Classification
Systolic	Diastolic	
< 90	< 60	Hypotension
< 120	< 80	Normal
120-139	80-89	High-normal (pre-hypertension)
140-159	90-99	Stage 1 hypertension
160-179	100-109	Stage 2 hypertension
≥ 180	≥ 110	Stage 3 hypertension (hypertensive crisis)