


pre-hypertension: systolic BP is 120-139 or diastolic BP is 80-89, hypertension stage 1: systolic BP is 140-159 or diastolic BP is 90-99

 normal: systolic BP is < 120 and diastolic BP is < 80 , pre-hypertension: systolic BP is 120-139 or diastolic BP is 80-89, hypertension stage 1: systolic BP is 140-159 or diastolic BP is 90-99

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|---|---|
| 1 | normal: systolic BP is < 120 and diastolic BP is < 80 |
| 2 | pre-hypertension: systolic BP is 120-139 or diastolic BP is 80-89 |
| 3 | hypertension stage 1: systolic BP is 140-159 or diastolic BP is 90-99 |
| 4 | hypertension stage 2: systolic BP is ≥ 160 or diastolic BP is ≥ 100 |