

# Major Forms of Cardiovascular Disease: Hypertension

- Hypertension is chronically elevated blood pressure

<b><u>Category</u></b>	<b><u>Systolic</u></b>		<b><u>Diastolic</u></b>
Normal	Below 120	and	Below 80
Pre-hypertension	120 - 139	or	80 - 89
Hypertension - Stage 1	140 - 159	or	90 - 99
Hypertension - Stage 2	160 +	or	100+

