

# Blood Pressure Screening Guidelines

The Facts About High Blood Pressure | American Heart  
Blood pressure test - Mayo Clinic  
2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure | American Heart Association  
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High Blood Pressure | Hypertension | MedlinePlus  
Tips to measure your blood pressure correctly - Harvard Health  
High Blood Pressure (Hypertension): Symptoms, How to Lower Blood Pressure  
Screening Guidelines  
Blood pressure | Australian Government Department of Health  
Blood Pressure: Highs, Lows & What's Normal | Live Science  
2014 Guideline for Management of High Blood Pressure - JAMA  
High Blood Pressure | American Heart Association  
High Blood Pressure: Causes, Symptoms, Medication, Diet  
Clinical Practice Guideline for Screening and Management  
2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA  
High Blood Pressure | NHLBI, NIH  
Blood pressure goals may need to change with age - Harvard

## The Facts About High Blood Pressure | American Heart

The Facts About High Blood Pressure. High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

## Blood pressure test - Mayo Clinic

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High blood pressure or hypertension is a condition in which pressure in the blood vessels is higher than it should be. Blood pressure is measured as two readings, systolic and diastolic. Normal blood pressure is 120/80. New guidelines state that blood pressure between 120/80 and 129/80 is elevated, and 130/80 is high.

### **2017 Guideline for the Prevention, Detection, Evaluation**

Checking your blood pressure. Starting at age 20, the AHA recommends a blood pressure screening at your regular healthcare visit or once every 2 years, if your blood pressure is less than 120/80

### **Bing: Blood Pressure Screening Guidelines**

These pediatric hypertension guidelines are an update to the 2004 “Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents.” Significant changes in these guidelines include (1) the replacement of the term “prehypertension” with the term “elevated blood pressure,” (2) new normative pediatric blood pressure (BP) tables based on

### **High Blood Pressure | Hypertension | MedlinePlus**

High blood pressure is a “silent killer” Most of the time there are no obvious symptoms.; Certain

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physical traits and lifestyle choices can put you at a greater risk for high blood pressure.; When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

## **Tips to measure your blood pressure correctly - Harvard Health**

GUIDELINES MADE SIMPLE 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults BP 5 Back to Table of Contents Office BP:  $\geq 130/80$  mm Hg but  $< 160/100$  mm Hg after 3 mo trial of lifestyle modification and suspect white coat hypertension Yes No Daytime ABPM or HBPM BP  $< 130/80$  mm Hg White Coat

## **High Blood Pressure (Hypertension): Symptoms, How to Lower**

Ambulatory blood pressure monitoring in children and adolescents: AHA: 2014 S1.5-34 An effective approach to high blood pressure control: AHA/ACC/CDC: 2014 S1.5-35 Ambulatory blood pressure monitoring: ESH: 2013 S1.5-36 Performance measures for adults with coronary artery disease and hypertension: ACC/AHA/AMA-PCPI: 2011 S1.5-37

## **Blood Pressure Screening Guidelines**

A blood pressure test is a routine part of most doctor appointments. Blood pressure screening is an important part of your general health. Find out when

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you should have a blood pressure test. People age 18 and older with normal blood pressure and no heart disease risk factors should have a blood pressure test at least once every two to five years.

### **Blood pressure | Australian Government Department of Health**

National and international guidelines offer specific instructions for measuring blood pressure. If a doctor, nurse, or medical assistant isn't doing it right, don't hesitate to ask him or her to get with the guidelines.

### **Blood Pressure: Highs, Lows & What's Normal | Live Science**

Measuring blood pressure at the first antenatal visit aims to identify women with chronic hypertension (high blood pressure), which may be related to existing kidney disease. After 20 weeks, high blood pressure and/or proteinuria may indicate pre-eclampsia.

### **2014 Guideline for Management of High Blood Pressure - JAMA**

Controlling high blood pressure is a good thing—unless you are a frail older person. Then it might be harmful. That's the surprising finding of a study of more than 2,000 seniors published online in the Archives of Internal Medicine. In the study, high blood pressure was linked to an increased risk of dying only among older adults who were relatively fit.

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Among those who couldn't walk 20

## **High Blood Pressure | American Heart Association**

But even without symptoms, high blood pressure can cause damage to your blood vessels and organs, especially the brain, heart, eyes, and kidneys. Early detection is important.

## **High Blood Pressure: Causes, Symptoms, Medication, Diet**

The Systolic Blood Pressure Intervention Trial (SPRINT) found that treating to a lower systolic blood pressure target—less than 120 mm Hg—reduced complications from high blood pressure and saved lives. SPRINT results informed the 2017 high blood pressure clinical guidelines that aim to improve treatment for millions of people.

## **Clinical Practice Guideline for Screening and Management**

In the report from the panel members appointed to the Eighth Joint National Committee (JNC 8), the guideline authors provide evidence-based recommendations for the management of hypertension including specific goals by age, race, and comorbidities.

**2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APh**

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## **A/ASH/ASPC/NMA/PCNA**

Below are screening guidelines for men ages 18 to 39. **BLOOD PRESSURE SCREENING.** Have your blood pressure checked at least once every 2 years. If the top number (systolic number) is from 120 to 139, or the bottom number (diastolic number) is from 80 to 89 mm Hg, you should have it checked every year.

## **High Blood Pressure | NHLBI, NIH**

Primary, or essential, high blood pressure is the most common type of high blood pressure. For most people who get this kind of blood pressure, it develops over time as you get older. Secondary high blood pressure is caused by another medical condition or use of certain medicines. It usually gets better after you treat that condition or stop

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