

# Classification of blood pressure for adults

Blood pressure classification	Systolic BP	Diastolic BP
Normal	less than 120	and less than 80
Prehypertension/Elevated	120-129	and less than 80
Stage 1 Hypertension	130-139	or 80-89
Stage 2 Hypertension	140 or higher	or 90 or higher
Hypertensive Crisis	Higher than 180	and/or higher than 120

Source: 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

# Hypertension Teaching Guide

**JL Elias**



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## **Table of Contents Hypertension Teaching Guide**

1. Understanding the eBook Hypertension Teaching Guide
  - The Rise of Digital Reading Hypertension Teaching Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Hypertension Teaching Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Hypertension Teaching Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Hypertension Teaching Guide
  - Personalized Recommendations
  - Hypertension Teaching Guide User Reviews and Ratings
  - Hypertension Teaching Guide and Bestseller Lists
5. Accessing Hypertension Teaching Guide Free and Paid eBooks
  - Hypertension Teaching Guide Public Domain eBooks

- Hypertension Teaching Guide eBook Subscription Services
- Hypertension Teaching Guide Budget-Friendly Options
- 6. Navigating Hypertension Teaching Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Hypertension Teaching Guide Compatibility with Devices
  - Hypertension Teaching Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Hypertension Teaching Guide
  - Highlighting and Note-Taking Hypertension Teaching Guide
  - Interactive Elements Hypertension Teaching Guide
- 8. Staying Engaged with Hypertension Teaching Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Hypertension Teaching Guide
- 9. Balancing eBooks and Physical Books Hypertension Teaching Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Hypertension Teaching Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Hypertension Teaching Guide
  - Setting Reading Goals Hypertension Teaching Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Hypertension Teaching Guide
  - Fact-Checking eBook Content of Hypertension Teaching Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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