

## Mayo Clinic Minute

### Millions more Americans have hypertension under new blood pressure guidelines

Video	Audio
	Under the old guidelines from 2003, top line, or systolic, blood pressure levels under 120 were considered normal and levels of 120 to 140 were considered high normal.
	Under the new guidelines, under 120 is still normal, but 120 to 129 is considered elevated blood pressure.
	The new guidelines say people with elevated blood pressure should make lifestyle changes, like getting more exercise and eating less salt.
<b>SANDRA TALER, M.D.</b> <b>NEPHROLOGY</b> <b>Mayo Clinic</b>	“The main difference is that high blood pressure, stage 1 hypertension, starts at 130. So, 130 to 139 systolic, 80 to 89 diastolic would be stage 1 hypertension.”
	Mayo Clinic nephrologist Dr. Sandra Taler says that range used to be considered high normal.
	Dr. Taler helped write the new guidelines and says people with stage 1 hypertension may need blood pressure-lowering medication.
	“And then at 140 systolic and 90 diastolic, that’s now stage 2.”
	At stage 2, Dr. Taler says people should be taking blood pressure medications.
	For the Mayo Clinic News Network, I’m Ian Roth.