

15-19

90-120/60-81

Result

You have indicated that the Blood Pressure Reading is 90/60 mmHg.

If your measurement is correct our interpretation is that you have slightly lower than the desired value but it is within acceptable limits.

To ensure that this interpretation is right, make sure that the reading is correct. Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

You should consult your doctor for the final diagnosis and its treatment.

15-19

121-159/82-99

Result

You have indicated that the Blood Pressure Reading is 121/82 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

15-19

160-180/100-120

Result

You have indicated that the Blood Pressure Reading is 160/100 mmHg.

Your Blood Pressure reading is quite high and needs to be controlled with medication.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

15-19

180/>120 mmHg

Result

You have indicated that the Blood Pressure Reading is 185/125 mmHg.

Your Blood Pressure reading is too high and this can be dangerous for your health and you should seek an immediate appointment with your doctor.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

20-24

90-132/60-83

Result

You have indicated that the Blood Pressure Reading is 132/83 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

20-24

133-159/84-99

Result

You have indicated that the Blood Pressure Reading is 133/84 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

25-29

90-133/60-84

Result

You have indicated that the Blood Pressure Reading is 133/84 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

25-29

134-159/85-99

Result

You have indicated that the Blood Pressure Reading is 135/85 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

30-34

90-134/60-85

Result

You have indicated that the Blood Pressure Reading is 134/60 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

Your diastolic pressure is quite low compared to your systolic pressure; you may have High Pulse Pressure. Pulse Pressure is the difference between your systolic and diastolic pressure values.

A High Pulse Pressure indicates abnormalities like stiffness of the arteries (as seen in old age), heart problems, leaky heart valves, anemia and hyperthyroidism. Treating high blood pressure usually reduces pulse pressure as well.

30-34

135-159/86-99

Result

You have indicated that the Blood Pressure Reading is 135/86 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

35-39

90-134/60-85

Result

You have indicated that the Blood Pressure Reading is 134/85 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

35-39

135-159/86-99.

Result

You have indicated that the Blood Pressure Reading is 135/86 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

40-44

90-137/60-87

Result

You have indicated that the Blood Pressure Reading is 137/87 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

40-44

137-159/87-99

Result

You have indicated that the Blood Pressure Reading is 140/90 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

45-49

90-139/60-88

Result

You have indicated that the Blood Pressure Reading is 135/87 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

45-49

139-159/88-99

Result

You have indicated that the Blood Pressure Reading is 140/88 mmHg.

If your blood pressure measurement is correct our interpretation is that you have a raised Systolic Blood Pressure (top number) and a normal Diastolic Pressure (bottom number). This condition is called Isolated Systolic Hypertension ISH.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

This type of blood pressure is not uncommon among older people (over 60 years) and is not considered unhealthy. It can also occur for a short time after exercise and also during pregnancy.

If prolonged Isolated Systolic Hypertension is found in younger people, a physician should be consulted immediately. ISH can also be due to leaky valves and Hyperthyroidism.

50-54

90-142/60-89

Result

You have indicated that the Blood Pressure Reading is 142/89 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

50-54

142-159/90-99

Result

You have indicated that the Blood Pressure Reading is 145/95 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

55-59

90-144/60-90

Result

You have indicated that the Blood Pressure Reading is 144/90 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

55-59

145-159/91-99

Result

You have indicated that the Blood Pressure Reading is 150/93 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.

60-64

90-147/60-90

Result

You have indicated that the Blood Pressure Reading is 147/90 mmHg.

Your Blood Pressure is slightly higher than the optimal range for your age group but it is within acceptable limits and can still be considered normal.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If the values are consistently similar you may have Pre-Hypertension. It is not categorized as a disease but in some studies it has been found that people with prehypertension are at a risk for developing heart disease.

Slightly higher than normal blood pressure values are common among older people (50 years and above) and this may not require any medication. However if it's found in younger people treatment may be required.

We advise you to consult your doctor immediately. Your doctor will decide whether you need any medication or if a simple lifestyle change could bring your blood pressure to normal limits.

60-64

148-159/91-99

Result

You have indicated that the Blood Pressure Reading is 153/95 mmHg.

Your Blood Pressure reading is higher than the acceptable limits and is considered in the long term unhealthy. You can take simple measures to bring down your blood pressure like cutting down of your salt intake and starting daily brisk walks for 15 minutes.

Repeat the measurement a couple of times so that similar values are consistently obtained. Also check the measuring instrument/apparatus for the correct calibration. The reading should not be taken after a meal or exercise or after any stressful event. When measuring the blood pressure, the cuff should be properly placed and fixed on the arm.

If on repeated testing the value is similar to the one that was indicated previously we recommend that you confirm this diagnosis with your doctor.

Some people with high blood pressure (Hypertension) may experience chest pain, shortness of breath, nausea and blurred vision. However in the majority, hypertension doesn't show any symptoms until complications like heart attack, heart failure, kidney failure and stroke develop.

If diagnosed with hypertension you may require a few blood tests and ECG.