

## **Blood Pressure and Blood Sugar Guidelines**

### **Blood Pressure Guidelines**

The new 2017 American College of Cardiology & American Heart Association guidelines for the detection, prevention, management, and treatment of blood pressure indicate that high blood pressure should be treated earlier with lifestyle changes and in some patients with medication at 130/80mmHg rather than 140/90 mmHg.

Blood pressure categories in the new guidelines are:

- Normal: Less than 120/80 mmHg
- Elevated: Systolic between 120-129 and diastolic more than 80
- Stage 1: Systolic between 130-139 or diastolic between 80-89
- Stage 2: Systolic at least 140 or diastolic at least 90
- Hypertensive crisis: Systolic over 180 and/or diastolic over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

### **Blood Sugar Guidelines**

The American Diabetes Association blood sugar guidelines are:

For people without diabetes:

- A fasting blood sugar before breakfast should be 80-100 mg/dL
- Before meals less than 110 mg/dL
- 1-2 hours after a meal less than 140 mg/dL
- Bedtime less than 120 mg/dL
- Hemoglobin A1C less than 5.7 percent

For people with diabetes:

- A fasting blood sugar before breakfast should be 80 -130 mg/dL
- Before meals 70-130mg/dL
- 1-2 hours after a meal less than 180 mg/dL
- Bedtime between 90-150 mg/dL
- Hemoglobin A1C less than 7 percent