

# Classification of Hypertension

**Table 2.** Changes in blood pressure classification

JNC 6 CATEGORY	SBP/DBP	JNC 7 CATEGORY
OPTIMAL	<120/80	→ NORMAL
NORMAL	120–129/80–84	↪ PREHYPERTENSION
BORDERLINE	130–139/85–89	↪ PREHYPERTENSION
HYPERTENSION	≥140/90	→ HYPERTENSION
STAGE 1	140–159/90–99	→ STAGE 1
STAGE 2	160–179/100–109	↪ STAGE 2
STAGE 3	≥180/110	↪ STAGE 2

1. The Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *Arch Intern Med* 1997;157:2413–46.

2. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. *JAMA* 2003;289:2560–71.

# Joint National Committee First Hypertension Report

**K Payea**



## **Joint National Committee First Hypertension Report:**

## **Joint National Committee First Hypertension Report** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Joint National Committee First Hypertension Report**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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