



HOW ARE WE DOING?

When the **American Heart Association** and the **American College of Cardiology** updated their guidelines for high blood pressure in November 2017, approximately **103 million** American adults were reported to be hypertensive. Less than three years later, that number has climbed to **116 million**.

The Facts

- Nearly **1 in 2 American adults** suffers from high blood pressure—that's about **116 million people**, many under 45 years of age.
- High blood pressure has nearly **tripled among men age 20 to 44** and has almost **doubled in women under 45 years of age**.
- **25% of cardiovascular events** (coronary heart disease, stroke, heart failure) are attributed to **hypertension**.

Blood Pressure Categories

	Systolic upper number		Diastolic lower number
Hypertensive Crisis	Higher than 180	and	Higher than 120
High Hypertension Stage 2	140 Or higher	and	90 Or higher
High Hypertension Stage 1	130-139	and	80-89
Elevated	120-129	and	Less than 80
Normal	Less than 120	and	Less than 80

“...guidelines should help people prevent, diagnose and treat high blood pressure sooner.”

Dr. Steven Houser, American Heart Association



Encourage Patients to Know Their Numbers

The guidelines recommend monitoring blood pressure at home using a validated device. At-home blood pressure monitors can help patients take charge of their heart health and many track patients' progress via apps that allow them to share the data with their healthcare provider.

Reference: American Heart Association (2020, October 5). Despite recent setbacks, Americans' blood pressure has dropped dramatically since 1960. <https://www.heart.org/en/news/2020/10/05/despite-recent-setbacks-americans-blood-pressure-has-dropped-dramatically-since-1960>.

CONFIDENCE IN A LEADER

OMRON is a leading manufacturer of personal heart health and wellness products including blood pressure monitors, respiratory and pain management devices. OMRON has been building and improving blood pressure monitors for more than 40 years. With more than 200 million blood pressure monitors sold worldwide, OMRON has been empowering people all over the world to manage their health at home through precise technology.



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WIRELESS ADVANTAGE

Bluetooth® technology, available in many of our monitors, allows you to sync your readings to your smartphone via the Omron Connect mobile app. easily upload, store and view your heart history or even share your blood pressure data with family or physicians.



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