

<i>category has been eliminated.</i>	160-179		109	else.
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Only one of the numbers has to be higher or lower than it should be to count as either high blood pressure or low blood pressure:

- 90 over 60 (90/60) or less: You may have low blood pressure.
- More than 90 over 60 (90/60) and less than 120 over 80 (120/80): Your blood pressure reading is ideal and healthy.
- More than 120 over 80 and less than 140 over 90 (120/80-140/90): You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it. Change your lifestyle.
- 140 over 90 (140/90) or higher (over a number of weeks): You may have high blood pressure (hypertension). Change your lifestyle - see your doctor or nurse and take any medicines they may give you.

So:

- If your top number is 140 or more - then you may have high blood pressure, regardless of your bottom number.
- If your bottom number is 90 or more - then you may have high blood pressure, regardless your top number.
- If your top number is 90 or less - then you may have low blood pressure, regardless of your bottom number.
- If your bottom number is 60 or less - then you may have low blood pressure, regardless of your top number (Blood Pressure Association, 2008)

Typically more attention is given to the top number (the systolic blood pressure) as a major risk factor for cardiovascular disease for people over 50 years old. In most people, systolic blood pressure rises steadily with age due to increasing stiffness of large arteries, long-term build-up of plaque, and increased incidence of cardiac and vascular disease (American Heart Association, 2014)