

Kaapen epwe sinei angangen winiwinin konin semirit



KAATIKORIIN BLOOD PRESSURE	SYSTOLIC mm Hg (nampan won)		DIASTOLIC mm Hg (nampan fan)
MI NORMAL	KIS SENI 120	me	KIS SENI 80
AUCHEA PWANPWAN NGENI SAMWOOL	120–129	me	KIS SENI 80
KINIKININ ANINIT STAGE 1 (Kinikinin aninit)	130–139	Ika	80–89
HYPERTENSION STAGE 2 (Pweesin nini epwe watte)	140 ME PWAN ARAMASE MEI PWUNG.	Awe	90 IKA TEKIA SENI
HYPERTENSION MI WATTE (Ika ese wor omw symptoms*, kori noumw health care professional.)	TEKIA SENI 180	Me/ika	TEKIA SENI 120
HYPERTENSIVE EMERGENCY (Ika mi wor och ekkei symptoms*, kori 911.)	TEKIA SENI 180	Me/ika	TEKIA SENI 120

* Mefien ach pwapwa: metek netip, weiresin ngasangas, metek kinisoumw, esap mefi ekkoch kinikin inisomw, apwangapwang, siwinin omw kuna ika weiresin kapas

heart.org/bplevels (website non fosun Merika)

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Ewe mwirin chon pwe mwirin. Esap mwahu ngeni pwan usun chon chon. WF-950650 9/25