Table 9-1

CATEGORIES OF BLOOD PRESSURE IN ADULTS*

CATEGORY	SBP		DBP
Normal	<120 mm Hg	and	<80 mm Hg
Elevated	120-129 mm Hg	and	<80 mm Hg
Hypertension	Statistics"	7	AND MARKED
Stage 1	130–139 mm Hg	or	80-89 mm Hg
Stage 2	≥140 mm Hg	or	≥90 mm Hg

Note: SBP = Systolic blood pressure; DBP = Diastolic blood pressure

*Individuals with SBP and DBP in two categories should be designated to the higher BP category. BP is based on an average of two or more careful readings obtained on two or more occasions.



Robert R. Redfield

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Table of Contents Ace Gfi Manual

- 1. Understanding the eBook Ace Gfi Manual
 - $\circ\,$ The Rise of Digital Reading Ace Gfi Manual
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Ace Gfi Manual
 - $\circ\,$ Exploring Different Genres
 - $\circ\,$ Considering Fiction vs. Non-Fiction
 - $\circ\,$ Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - $\circ~$ Popular eBook Platforms
 - $\circ\,$ Features to Look for in an Ace Gfi Manual
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Ace Gfi Manual
 - Personalized Recommendations
 - $\circ\,$ Ace Gfi Manual User Reviews and Ratings

- Ace Gfi Manual and Bestseller Lists
- 5. Accessing Ace Gfi Manual Free and Paid eBooks
 - $\circ\,$ Ace Gfi Manual Public Domain eBooks
 - $\circ\,$ Ace Gfi Manual eBook Subscription Services
 - $\circ\,$ Ace Gfi Manual Budget-Friendly Options
- 6. Navigating Ace Gfi Manual eBook Formats
 - $\circ\,$ ePub, PDF, MOBI, and More
 - $\circ\,$ Ace Gfi Manual Compatibility with Devices
 - $\circ\,$ Ace Gfi Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - $\circ\,$ Adjustable Fonts and Text Sizes of Ace Gfi Manual
 - $\circ\,$ Highlighting and Note-Taking Ace Gfi Manual
 - $\circ\,$ Interactive Elements Ace Gfi Manual
- 8. Staying Engaged with Ace Gfi Manual
 - Joining Online Reading Communities
 - $\circ~$ Participating in Virtual Book Clubs
 - $\circ\,$ Following Authors and Publishers Ace Gfi Manual
- 9. Balancing eBooks and Physical Books Ace Gfi Manual
 - $\circ\,$ Benefits of a Digital Library
 - $\circ\,$ Creating a Diverse Reading Collection Ace Gfi Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - \circ Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ace Gfi Manual
 - Setting Reading Goals Ace Gfi Manual
 - $\circ\,$ Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ace Gfi Manual
 - $\circ\,$ Fact-Checking eBook Content of Ace Gfi Manual
 - $\circ\,$ Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
 - $\circ\,$ Utilizing eBooks for Skill Development
 - $\circ\,$ Exploring Educational eBooks
- 14. Embracing eBook Trends
 - $\circ\,$ Integration of Multimedia Elements
 - $\circ\,$ Interactive and Gamified eBooks

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