

# Correspondence: Home Based Blood Pressure Monitoring in Indian Setting: A Consensus Document

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Dear Editor,

We read a commentary in the January issue of your journal contributed by a group of expert authors [1]. It is now well established that Home Blood Pressure Monitoring (HBPM) helps in effective management of hypertension and it is well accepted by the patients [2]. Hence, the consensus document was the need of the hour for Indian medical practitioners.

In the article, Home Based Blood Pressure Monitoring in Indian Setting: A Consensus Document [1], under the sub heading "Normal Level of Home based Blood Pressure", authors described that blood pressure obtained by HBPM below 130/80 (systolic over diastolic, here the symbol "/" is pronounced as "over") mm of Hg has been considered as "normal" and 135/85 mm of Hg has been considered as "elevated".

We found a different cut-off value in recent guideline [3], and in American Heart Association website [4]. Hence, we wanted to share that set of values to categorise adults according to their blood

pressure. The blood pressure categories according to measurement at the clinic and HBPM are shown in [Table/Fig-1].

From the values in [Table/Fig-1], it is evident that a value <120/<80 (the symbol "<" denotes "less than") mm of Hg obtained from HBPM should be considered "normal" blood pressure and a value of 120-129/<80 mm of Hg should be considered as "elevated" blood pressure.

Hope this comparison would help the physicians to adapt appropriate strategies for management of hypertension of their patients according to necessity.

## REFERENCES

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	BP measured at clinic or hospital			BP measured at home (HBPM)		
	Systolic	Diastolic		Systolic	Diastolic	
<b>Normal</b>	<120	and	<80	<120	and	<80
<b>Elevated</b>	120-129	and	<80	120-129	and	<80
<b>Hypertension Stage 1</b>	130-139	or	80-89	-	-	-
<b>Hypertension Stage 2</b>	≥140	or	≥90	≥135	or	≥85

BP: Blood pressure, HBPM: Home blood pressure monitoring, -: Data not available  
Unit for blood pressure is 'mm of Hg'

[Table/Fig-1]: Blood pressure categories for diagnosis of hypertension.

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