

**Dear KC-CDC:** I have been told that I have borderline high blood pressure. My pressure is around 135 over 90. What is normal and does it vary from person to person? **Border Line**

**Dear Border Line:** We now have a new classification, which is called pre-hypertension and it describes people with blood pressures between 120-139. Previously it was believed that blood pressures under 140/90 was okay. The evidence is now clear that this is not okay and 9 out of 10 people with a reading of 140/90 or 135/90 are at risk of getting hypertension. It is recommended that you adopt a health-promoting lifestyle. For more info go to [www.americanheart.org/presenter](http://www.americanheart.org/presenter) or ask your health provider for the latest printed material explaining this finding.