

hiperdia



Fonte: Mendes, 2009



Figura 1 Modelo de cuidado para doenças crônicas



Qual a pressão arterial ideal ?

JOURNAL ARTICLE

2024 ESC Guidelines for the management of elevated blood pressure and hypertension: Developed by the task force on the management of elevated blood pressure and hypertension of the European Society of Cardiology (ESC) and *endorsed by the European Society of Endocrinology (ESE) and the European Stroke Organisation (ESO)*

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	Office BP (mmHg) ^a	Home BP (mmHg)	Daytime ABPM (mmHg)	24 h ABPM (mmHg)	Night-time ABPM (mmHg)
Reference					
Non-elevated BP	<120/70	<120/70	<120/70	<115/65	<110/60
Elevated BP	120/70– <140/90	120/70– <135/85	120/70– <135/85	115/65– <130/80	110/60– <120/70
Hypertension	≥140/90	≥135/85	≥135/85	≥130/80	≥120/70

ABPM, ambulatory blood pressure monitoring; BP, blood pressure.