

**Appendix 3.** Cardiovascular risk stratification according stage of arterial hypertension (ESH, 2023\*)

Stage of hypertension	Other risk factors, HMOD or diseases	BP, mmHg			
		High normal (SBP 130–139 mmHg and DBP 85–89 mmHg)	Grade 1 (SPB 140–159 mmHg and DBP 90–99 mmHg)	Grade 2 (SBP 160–179 mmHg and DBP 100–109 mmHg)	Grade 3 (SBP ≥ 180 mmHg and DBP ≥ 110 mmHg)
Stage I	No risk factors	Low risk	Low risk	Moderate risk	High risk
	1–2 risk factors	Low risk	Moderate risk	Moderate/high risk	High risk
	≥ 3 risk factors	Low/moderate risk	Moderate/high risk	High risk	High risk
Stage II	HMOD, stage III CKD or DM	Moderate/high risk	High risk	High risk	Very high risk
Stage III	Diagnosis of CVD or stage IV–V CKD	Very high risk	Very high risk	Very high risk	Very high risk

AH, arterial hypertension; HMOD, hypertension mediated organ damage; SBP, systolic blood pressure; DBP, diastolic blood pressure; CKD, chronic kidney disease; DM, diabetes mellitus; CVD, cardiovascular diseases.

Stage I: Uncomplicated AH, no more than three risk factors, no HMOD or CVD; low-high risk.

Stage II: HMOD or stage III CKD or DM; medium, high, or very high risk.

Stage III: diagnosed CVD or stage IV–V CKD; very high risk.

\* Mancia G, Kreutz R, Brunström M, et al. 2023 ESH Guidelines for the management of arterial hypertension. *J Hypertens.* 2023;41(12):1874–2071. doi: [10.1097/HJH.0000000000003480](https://doi.org/10.1097/HJH.0000000000003480)