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Hypertension

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Hypertension

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BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Issues

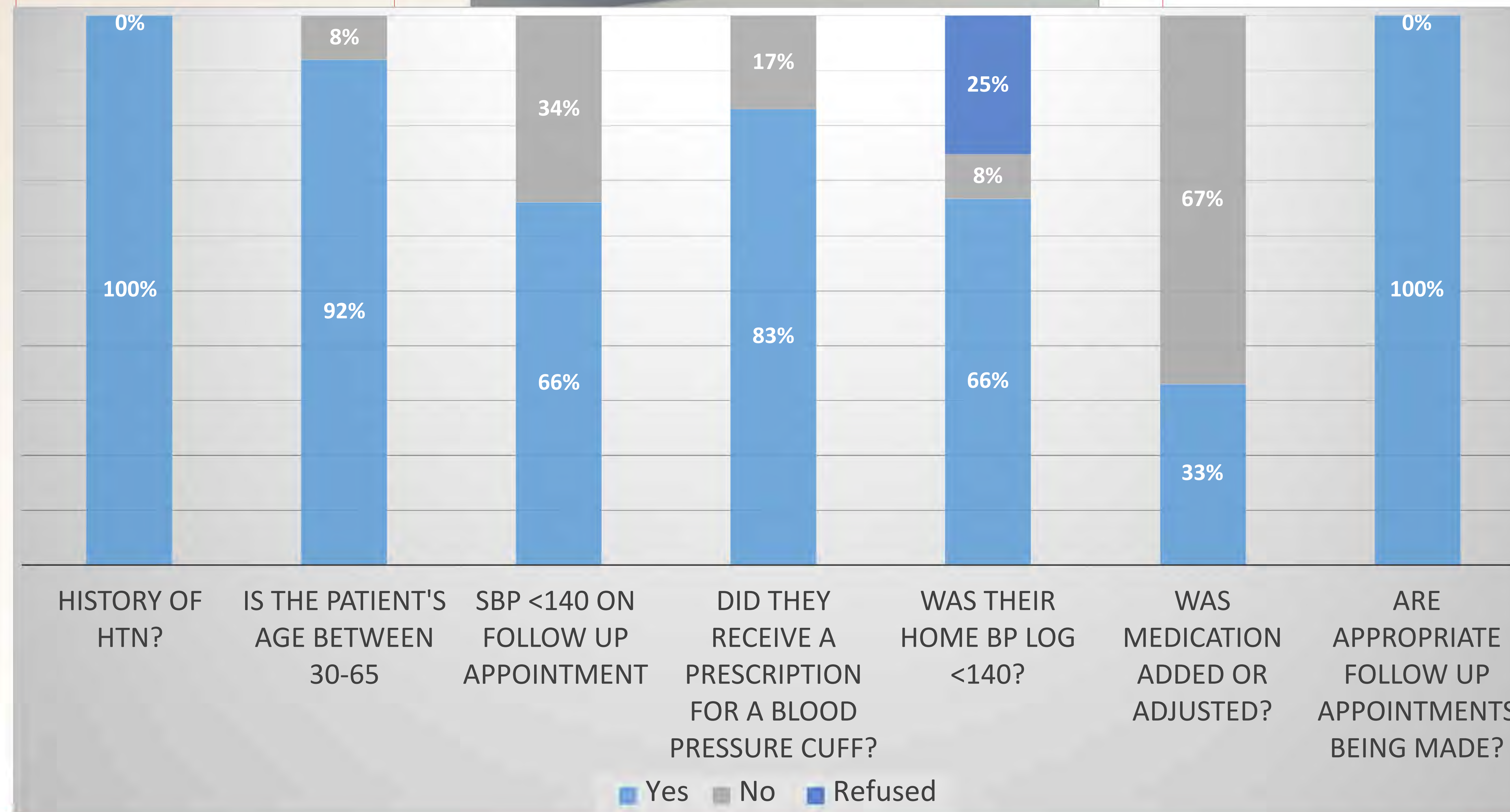
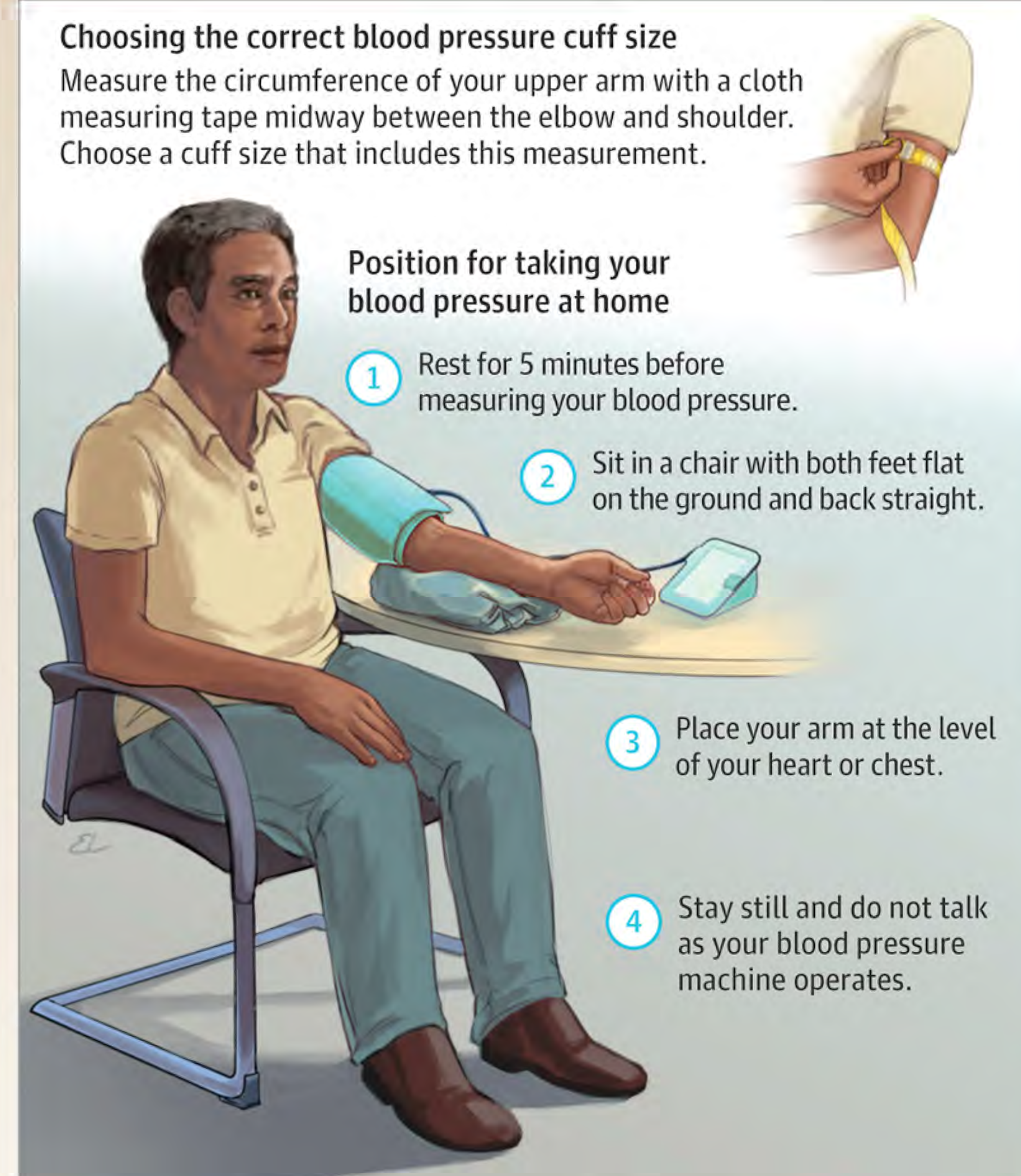
- Compliance with diet, exercise, taking medications as prescribed and proper follow up can be problematic with managing hypertension
- Difficult to diagnose since it is asymptomatic ⁴
- Managing side effects caused by certain hypertension medications

Management of Issues

- Providing proper education to patient
- Following JNC-8 and ACC/AHA guidelines for prescribing HTN medications
- Proper follow up appointments for patients.
- Out-of-office BP measurement with clinical interventions is recommended to confirm the diagnosis of HTN and for titration of medication. ¹

Known as the “Silent Killer”

- Can cause MI, CAD, Encephalopathy, IPH, organ damage and stroke ⁴
- Leading risk factor for mortality and morbidity ⁴
- Chronic medical condition in which the blood pressure in the arteries are elevated ³



ACC/AHA Guidelines

- First-line agents include thiazide diuretics, CCB, and ACE or ARB medications. ¹
- A target blood pressure of less than 130/80 mm Hg is recommended for adults with confirmed hypertension and cardiovascular disease. ¹

JNC-8 Guidelines

- If the target blood pressure is not reached within one month after initiating treatment, the dosage of the initial medication should be increased, or a second medication should be added. ⁷
- Pharmacologic treatment should be initiated when blood pressure is 140/90 mm Hg or higher. ⁷

• Lifestyle Changes:

- Smoking Cessation
- Control blood sugar and lipids
- Diet, Eating Healthy
- Moderate alcohol consumption
- Reduce sodium intake to no more than 2,400 mg/day ⁷
- Physical activity- Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session. ⁷

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