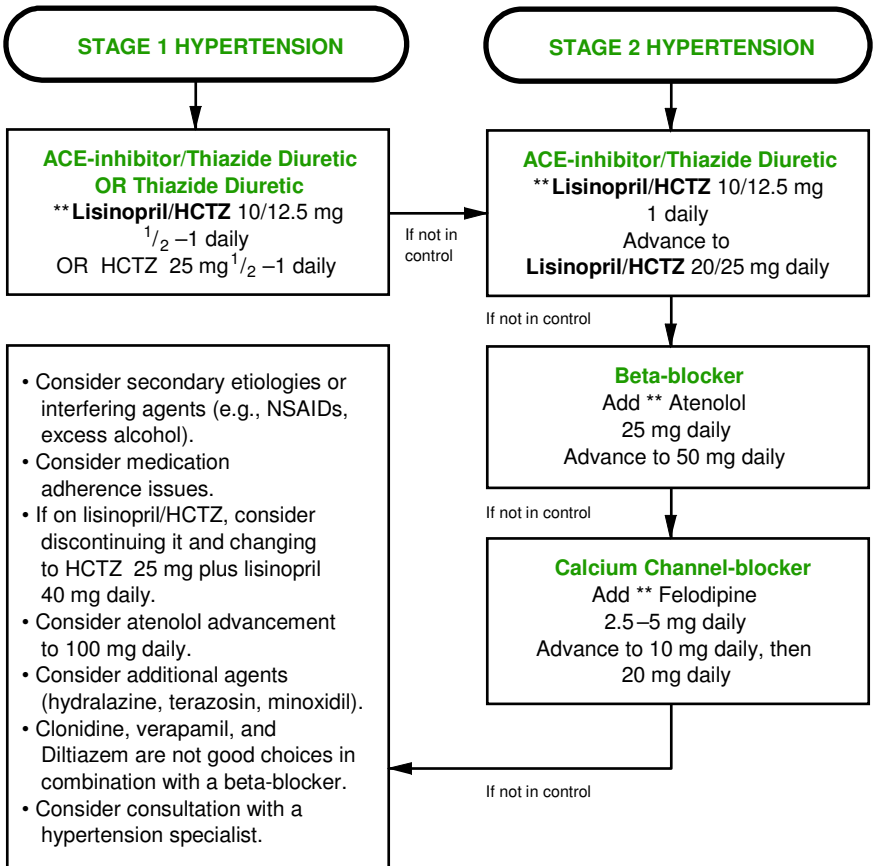


# Management of Adult Hypertension

## ALGORITHM FOR HYPERTENSION\*

BP Goal =  $\leq 139/\leq 89$  mm Hg — Uncomplicated  
 BP Goal =  $\leq 129/\leq 79$  mm Hg — with DM, Stage 1–3 CKD

BP Classification	SBP	DBP
Stage 1 Hypertension	140–159 mm Hg	90–99 mm Hg
Stage 2 Hypertension	$\geq 160$ mm Hg	$\geq 100$ mm Hg



\*Includes essential hypertension, DM and Stage 1–3 CKD. Excludes CAD, HF and Stage 4 CKD

\*\*Suggested drug based on patient adherence and affordability.

## RECOMMENDATIONS FOR PATIENTS WITH ACEI-INTOLERANCE

1. In the absence of an ARB indication, adding a beta-blocker to a thiazide diuretic is recommended.
2. ARB add-on therapy is recommended if any of the following indications are present:
  - Microalbuminuria secondary to diabetes
  - Nephropathy secondary to diabetes
  - Proteinuria secondary to non-diabetic kidney disease
  - Heart failure due to left ventricular dysfunction

## LIFESTYLE CHANGES SHOULD BEGIN WHEN SBP >119 OR DBP >79 MM HG

- DASH diet (low in fat, and high in fruit, vegetables and low-fat dairy products)
- Sodium restriction (<2.4 gm sodium daily)
- Weight reduction if BMI > 25 kg/m<sup>2</sup>
- Exercise (at least 30 min >.3 times/wk)
- Limit daily alcohol to 1 drink (women) or 2 drinks (men)

## ADJUNCTIVE THERAPIES

- Use lipid lowering therapy according to cholesterol Guidelines
- Consider ASA 81mg/d for controlled hypertension when age > 50 years.

## SELECTED ANTIHYPERTENSIVE MEDICATIONS

MEDICATION	USUAL DOSAGE RANGE
<b>Thiazide-type Diuretics</b>	
Hydrochlorothiazide	12.5 – 25 mg daily
Chlorthalidone	12.5 – 25 mg daily
<b>Thiazide/ACEI Combination</b>	
Lisinopril, HCTZ	10/12.5, 20/12.5, 20/25 mg daily
<b>ACE Inhibitors</b>	
Lisinopril	10 – 40 mg daily
Captopril	12.5 – 50 mg BID
<b>Beta-blockers</b>	
Atenolol	25 – 100 mg daily
Metoprolol	25 – 100 mg BID
<b>Dihydropyridine Calcium Channel Blockers</b>	
Felodipine	2.5 – 20 mg daily
Nifedipine ER	30 – 90 mg daily
<b>Angiotensin II Receptor Blockers (ARBs)</b>	
Losartan	25 – 100 mg daily
<b>Alpha - 2 Agonists</b>	
Clonidine	0.1 mg HS – 0.4 mg BID
<b>Direct Vasodilators</b>	
Hydralazine	25 – 100 mg BID
Minoxidil	2.5 mg daily – 20 mg BID
<b>Alpha Blockers</b>	
Prazosin	1 – 10 mg BID
Terazosin	1 – 20 mg daily
Doxazosin	1 – 16 mg QD