



Card from the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)

EVALUATION

CLASSIFICATION OF BLOOD PRESSURE (BP)*			
Category	SBP mmHg	and	DBP mmHg
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Hypertension, Stage 1	140-159	or	90-99
Hypertension, Stage 2	≥160	or	≥100

* See Blood Pressure Measurement Techniques (reverse side)
 Note: SBP = systolic blood pressure; DBP = diastolic blood pressure

DIAGNOSTIC WORKUP OF HYPERTENSION

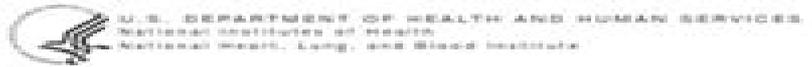
- Assess risk factors and comorbidities.
- Reveal identifiable causes of hypertension.
- Assess presence of target organ damage.
- Conduct history and physical examination.
- Obtain laboratory tests: urinalysis, blood glucose, hematocrit and lipid panel, serum potassium, creatinine, and calcium. Optional: urinary albumin:creatinine ratio.
- Obtain electrocardiogram.

ASSESS FOR MAJOR CARDIOVASCULAR DISEASE (CVD) RISK FACTORS

- Hypertension
- Obesity (body mass index ≥30 kg/m²)
- Dyslipidemia
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria, estimated glomerular filtration rate <60 mL/min
- Age >55 for men, >65 for women
- Family history of premature CVD (men age <55, women age <65)

ASSESS FOR IDENTIFIABLE CAUSES OF HYPERTENSION

- Sleep apnea
- Drug induced/withdrawal
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Pheochromocytoma
- Coarctation of aorta
- Thyroid/hyperthyroid disease



BLOOD PRESSURE MEASUREMENT TECHNIQUES

Method	Notes
In-office	Two readings, 5 minutes apart, sitting in chair. Confirm elevated reading in contralateral arm.
Ambulatory BP monitoring	Indicated for evaluation of "white coat hypertension." Absence of 10-20 percent BP decrease during sleep may indicate increased CVD risk.
Patient self-check	Provides information on response to therapy. May help improve adherence to therapy and is useful for evaluating "white coat hypertension."

CAUSES OF RESISTANT HYPERTENSION

- Inappropriate BP measurement
- Excess sodium intake
- Inadequate diuretic therapy
- Medication
 - Inadequate doses
 - Drug actions and interactions (e.g., nonsteroidal anti-inflammatory drugs (NSAIDs), illicit drugs, sympathomimetics, oral contraceptives)
 - Over-the-counter (OTC) drugs and herbal supplements
- Excess alcohol intake
- Identifiable causes of hypertension (see reverse side)

COMPPELLING INDICATIONS FOR INDIVIDUAL DRUG CLASSES

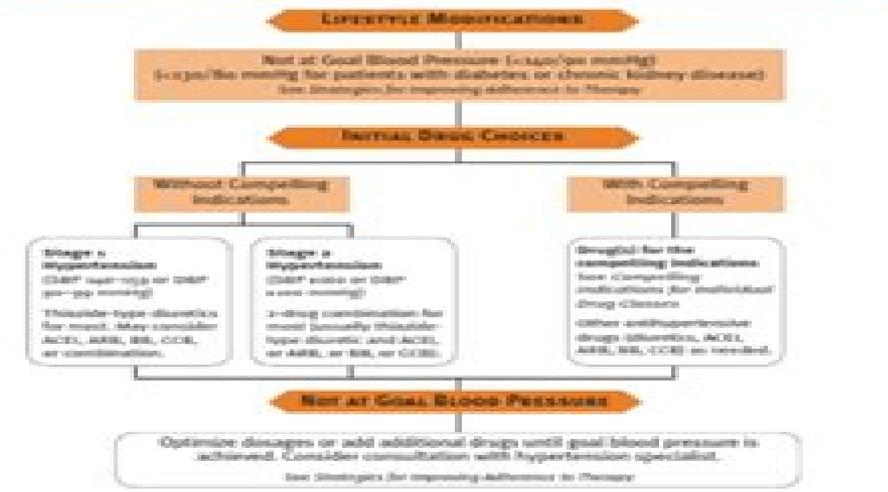
Compelling Indication	Initial Therapy Options
- Heart failure	THIAZ, BB, ACEI, ARB, ALDO, ANT
- Post myocardial infarction	BB, ACEI, ALDO, ANT
- High CVD risk	THIAZ, BB, ACEI, CCB
- Diabetes	THIAZ, BB, ACEI, ARB, CCB
- Chronic kidney disease	ACEI, ARB
- Recurrent stroke prevention	THIAZ, ACEI

TREATMENT

PRINCIPLES OF HYPERTENSION TREATMENT

- Treat to BP <140/90 mmHg or BP <130/80 mmHg in patients with diabetes or chronic kidney disease.
- Majority of patients will require two medications to reach goal.

ALGORITHM FOR TREATMENT OF HYPERTENSION



PRINCIPLES OF LIFESTYLE MODIFICATION

- Encourage healthy lifestyles for all individuals.
- Prescribe lifestyle modifications for all patients with prehypertension and hypertension.
- Components of lifestyle modifications include weight reduction, DASH eating plan, dietary sodium reduction, aerobic physical activity, and moderation of alcohol consumption.

LIFESTYLE MODIFICATION RECOMMENDATIONS

Modification	Recommendation	Avg. SBP Reduction Range*
Weight reduction	Maintain normal body weight (body mass index, 18.5-24.9 kg/m ²).	3-20 mmHg/10 kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and low-fat dairy products with reduced content of saturated and total fat.	8-14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to ≤100 mmol per day (2.4 g sodium or 6 g sodium chloride).	2-8 mmHg
Aerobic physical activity	Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.	4-9 mmHg
Moderation of alcohol consumption	Men: limit to ≤2 drinks [†] per day. Women and lighter weight persons: limit to ≤1 drink [†] per day.	2-4 mmHg

* 1 drink = 12 oz of 5% alc. ethanol (e.g., beer), 5 oz of wine, 1.5 oz of 40% proof ethanol.
 † Effects are dose and time dependent.



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Christian G. Meyer



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