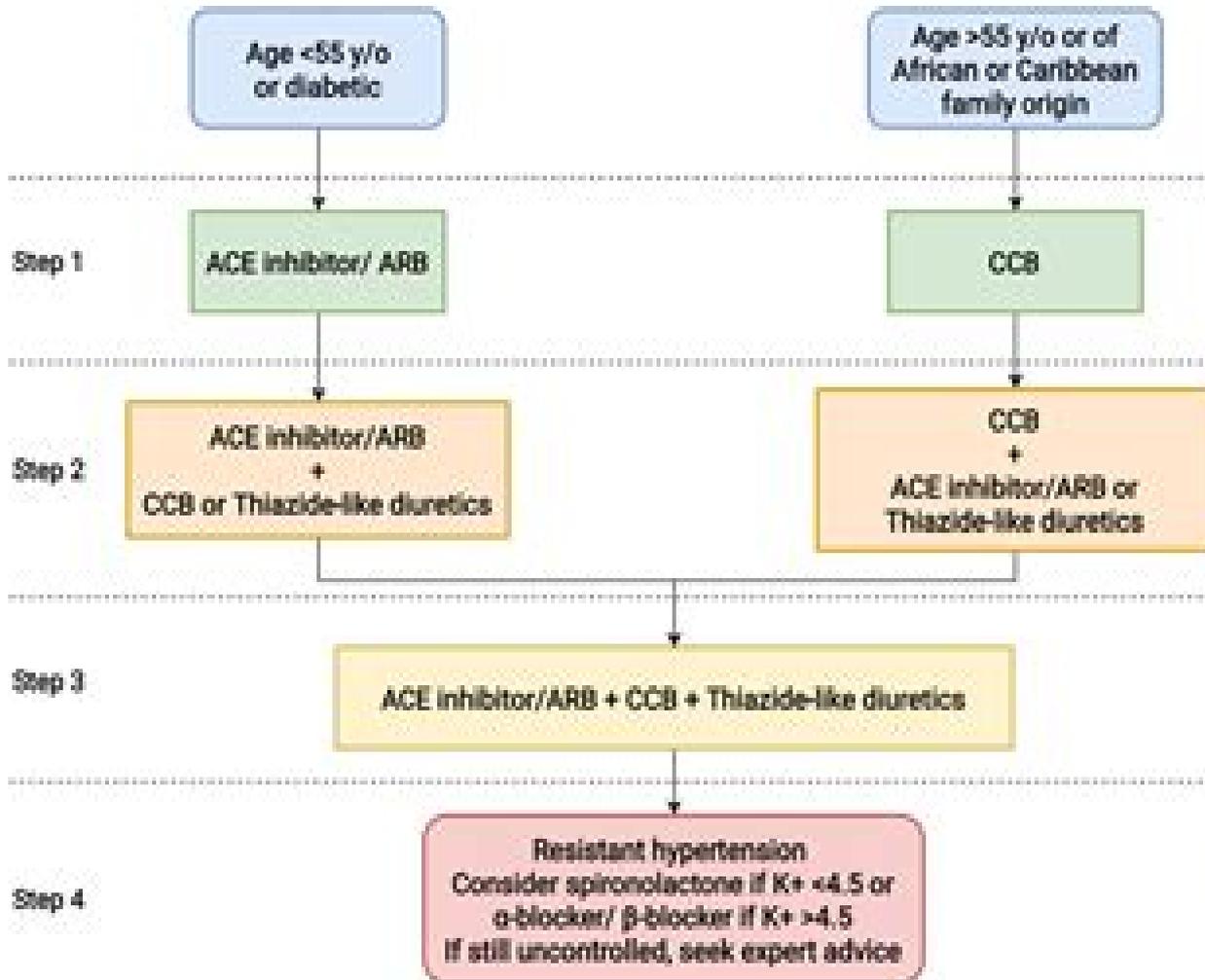


# Treatment of Hypertension



## Initiate drug treatment for:

- Stage 1 hypertension: <80 y/o and >1 of
  - Target organ damage
  - Diabetes Mellitus
  - Established CVD
  - Renal disease
  - 10-year CVD risk >10%
- All patients with Stage 2 hypertension

## Legend:

ACE inhibitor - Angiotensin-converting enzyme inhibitor

ARB - Angiotensin receptor blocker

CCB - Calcium channel blocker

## Target BP for non-diabetic/ no CKD patients

Age < 80:

- Clinic BP <140/90 mmHg
- ABPM/HBPM <135/85 mmHg

Age > 80:

- Clinic BP <150/90 mmHg
- ABPM/HBPM <145/85 mmHg

# Management Of Essential Hypertension

**Clifford Lane**



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