### Hypertension Guidelines

#### Purpose/Objectives

The main objective for the treatment of hypertension is to achieve and maintain a goal blood pressure value.

<table>
<thead>
<tr>
<th>Recommendations</th>
<th>Source Guideline/Reference Page</th>
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</thead>
<tbody>
<tr>
<td>For persons 60 years of age or older, treat pharmacologically to lower blood pressure values that are greater than or equal to 150/90 mm Hg to achieve a blood pressure goal of less than 150/90 mm Hg. Adjust treatment upon development of adverse effects or reduction in quality of life while maintaining blood pressure goals.</td>
<td>Pages 510-511</td>
</tr>
<tr>
<td>For persons less than 60 years of age, treat pharmacologically to lower blood pressure values greater than or equal to 140/90 mm Hg to reach a blood pressure goal of less than 140/90 mm Hg.</td>
<td>Page 511</td>
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<tr>
<td>For persons who are 18 years old or older and who also have kidney disease and/or diabetes, treat pharmacologically to lower blood pressure values greater than or equal to 140/90 mm Hg. A blood pressure goal of less than 140/90 mm Hg is recommended.</td>
<td>Pages 511-513</td>
</tr>
</tbody>
</table>
| For non-black persons with or without diabetes mellitus, reduce blood pressure by treating initially with medication from one of the four categories below:  
  o thiazide-type diuretics  
  o calcium channel blockers  
  o angiotensin-converting enzyme inhibitors  
  o angiotensin receptor blockers | Page 511                                      |
| For black persons with or without diabetes, reduce blood pressure by treating initially with medications from one of the two categories below:  
  o thiazide-type diuretics  
  o calcium channel blockers | Pages 511 & 514                               |
| For persons 18 years of age or older with hypertension and chronic kidney disease, regardless of race or presence of diabetes, treat initially with angiotensin-converting enzyme inhibitors or angiotensin receptor blockers for optimal renal function. | Pages 511 & 515                               |
| • For persons not achieving goal blood pressure within one month of treatment, increase the dose of the initial medication or add a second medication from one of the four categories below:  
  o thiazide-type diuretics  
  o calcium channel blockers  
  o angiotensin-converting enzyme inhibitors  
  o angiotensin receptor blocker  
  • For persons not achieving a goal blood pressure after adding a second medication from one of the classifications above, add and titrate a third medication from one of the classifications above.  
  • For persons not achieving goal blood pressure using this approach, consider adding medications from other classifications  
  • For persons not achieving goal blood pressure using these strategies, consider referral to a hypertension specialist. | Pages 511 & 515                               |

**NOTE:** Do not use angiotensin-converting enzyme inhibitors and angiotensin receptor blockers together.

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