



American
Heart
Association.

In setting a new threshold for high blood pressure (HBP), the 2017 Hypertension Clinical Practice Guideline¹ leads to a substantial increase in the prevalence of hypertension but only a slight increase in the number of adults for whom antihypertensive medication will be recommended.²

A team-based approach to care is recommended. Such an approach has been associated with lower systolic and diastolic measurements as well as an increased proportion of people with controlled BP.⁸ Teams consisting of physicians, nurses, physician assistants and pharmacists can have the greatest impact on improving the monitoring and management of blood pressure.^{9,10}

Guideline Highlights

 **Normal BP:**
<120/80 mm Hg

 **Managing elevated BP:**
120-129/<80 mm Hg

Recommendations

- Use the ASCVD risk calculator to assess 10-year risk for heart disease and stroke in patients with stage 1 hypertension³
- Review standards for accurate measurement of BP, including appropriate cuff size^{4,5}
- Encourage your patient to self-monitor BP^{6,7}

Find more tools to help you integrate the guidelines into practice at heart.org/bptools.

REFERENCES

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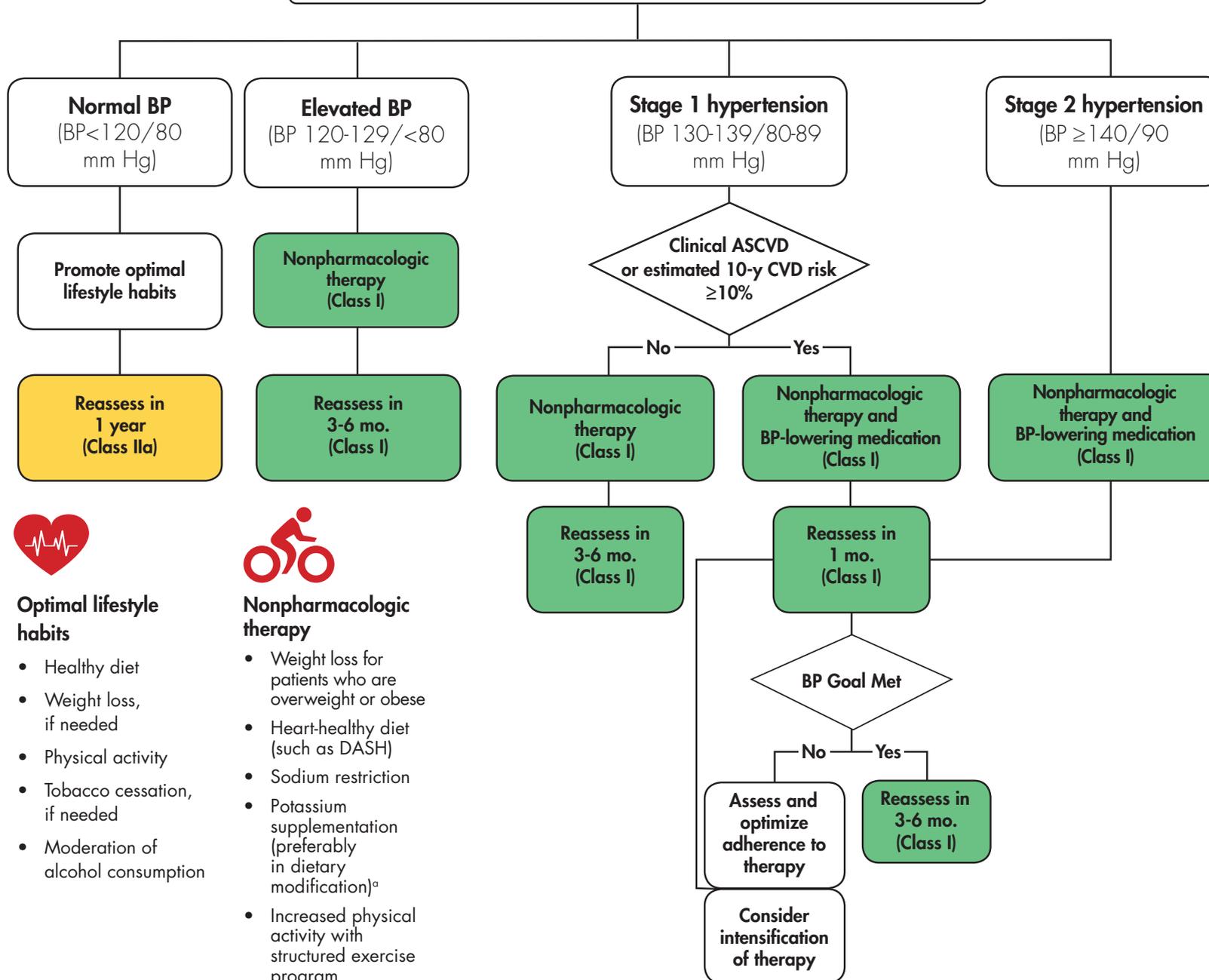
Diagnosing and Managing Hypertension in Adults

Nearly half of American adults have high blood pressure, but you can make a difference.

TYLENOL

American Heart Association's efforts to improve healthy choices related to living with high blood pressure is proudly supported by TYLENOL®.

BP thresholds and recommendations for treatment and follow-up



Optimal lifestyle habits

- Healthy diet
- Weight loss, if needed
- Physical activity
- Tobacco cessation, if needed
- Moderation of alcohol consumption



Nonpharmacologic therapy

- Weight loss for patients who are overweight or obese
- Heart-healthy diet (such as DASH)
- Sodium restriction
- Potassium supplementation (preferably in dietary modification)^a
- Increased physical activity with structured exercise program
- Limitation of alcohol to 1 (women) or 2 (men) standard drinks per day^b

^a Unless contraindicated by the presence of chronic kidney disease or use of drugs that reduce potassium excretion.

^b In the United States, one standard drink is equivalent to 12 oz of regular beer (usually about 5% alcohol), 5 oz of wine (usually about 12% alcohol), or 1.5 oz of distilled spirits (usually about 40% alcohol).



REASSESSMENT CHECKLIST

- Measure BP
- Identify white-coat hypertension or a white-coat effect
- Document adherence to treatment
- Reinforce importance of treatment
- Assist with treatment to achieve BP target
- Evaluate for orthostatic hypotension in select patients (eg, older or with postural symptoms)
- Talk to your patients about substances that should be avoided, limited or stopped to help maintain a healthy BP.