



Reference 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	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)
 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

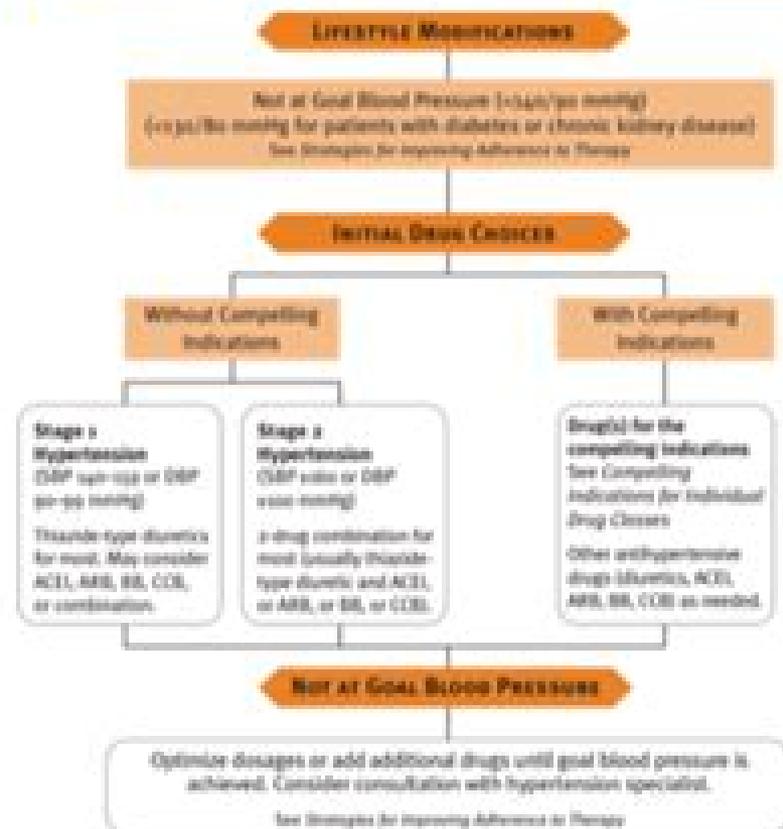
- Sleep apnea
- Drug induced/relevant
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Pheochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease

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



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Jicheng Xie



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