

hypertension treatment

use the **abcd** mnemonic!

a

ace inhibitors / arb

ramipril /
candesartan

b

beta blockers

bisoprolol / atenolol

c

calcium channel
blockers

amlodipine,
diltiazem

d

diuretics

bendroflumethiazide,
furosemide

hypertension is **high blood pressure** that can damage the heart and blood vessels. over time, it can make arterial walls stiff, cause leaks or ruptures, and wear out the heart from the extra workload.



non-drug treatment

- reduce alcohol
- reduce smoking
- reduce caffeine
- healthy diet
- increase exercise
- low dietary sodium intake

- **clinic blood pressure:**
a reading of **140/90 mmHg** or higher is indicative of hypertension.

- **ambulatory blood pressure monitoring (ABPM):**
a daytime average of **135/85 mmHg** or higher confirms a diagnosis of hypertension.

- **home blood pressure monitoring (HBPM):**
an average reading of **135/85 mmHg** or higher confirms a diagnosis of hypertension.

**HYPERTENSION
CARDIOLOGY**

