## hypertension treatment









ace inhibitors / arb

ramipril / candesartan



beta blockers

bisoprolol / atenolol



calcium channel blockers

amlodipine, diltiazem



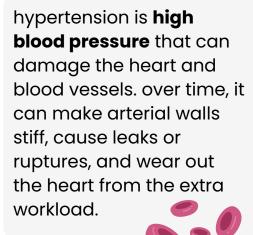
diuretics

bendroflumethiazide, furosemide



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.



## non-drug treatment

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



