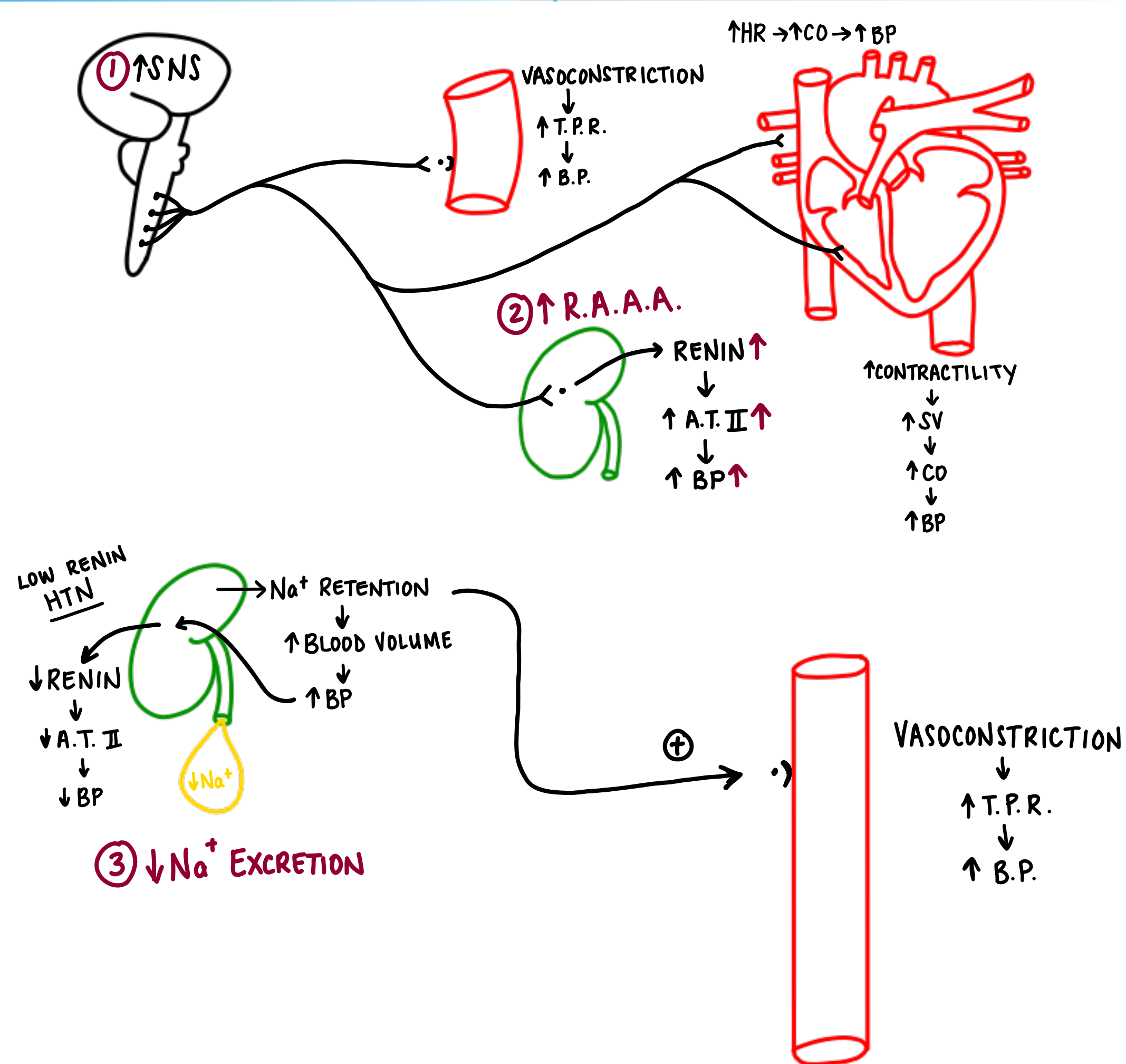


CATEGORY	SYSTOLIC	DIASTOLIC
NORMAL	< 120 mmHg	< 80 mmHg
PRE	120-129 mmHg	< 80 mmHg
1°	130-139 mmHg	80-89 mmHg
2°	≥ 140 mmHg	≥ 90 mmHg

**WHITE COAT HTN**  
**OUTSIDE OF OFFICE**  
 ↳ **NORMAL BP**  
**IN THE OFFICE**  
 ↳ **↑↑↑ BP**  
**DX: ABPM (24 HOURS)**

## (25-55 Y.O.) CAUSES OF 1° HYPERTENSION (95%)



## CAUSES OF 2° HYPERTENSION (5%)

\* **GLOMERULONEPHRITIS**  
 \* **DM NEPHROPATHY**  
 \* **PCKD**

\* **RENAL ARTERY STENOSIS**  
 \* **VASCULITIS**  
 \* **FM DYSPLASIA**

### CONN SYNDROME

ALDOSTERONE ↑ → Na<sup>+</sup>/H<sub>2</sub>O → ↑ BV → ↑ BP

### CUSHINGS SYNDROME

↑ CORTISOL → ↑ NE/EPI RECEPTOR SENSITIVITY → ↑ BP

### PHEOCHROMOCYTOMA

↑ EPINEPHRINE  
 ↑ NOREPINEPHRINE

↑ HR  
 ↑ SV  
 ↑ R.A.A.A. → ↑ BP

↑ BP  
 ↑ T.P.R. → **COARCTATION AORTA**

### HYPERTHYROIDISM

↑ T<sub>3</sub> + T<sub>4</sub> → ↑ HR  
 ↑ NE/EPI RECEPTOR SENSITIVITY → ↑ BP

### HYPERPARATHYROIDISM

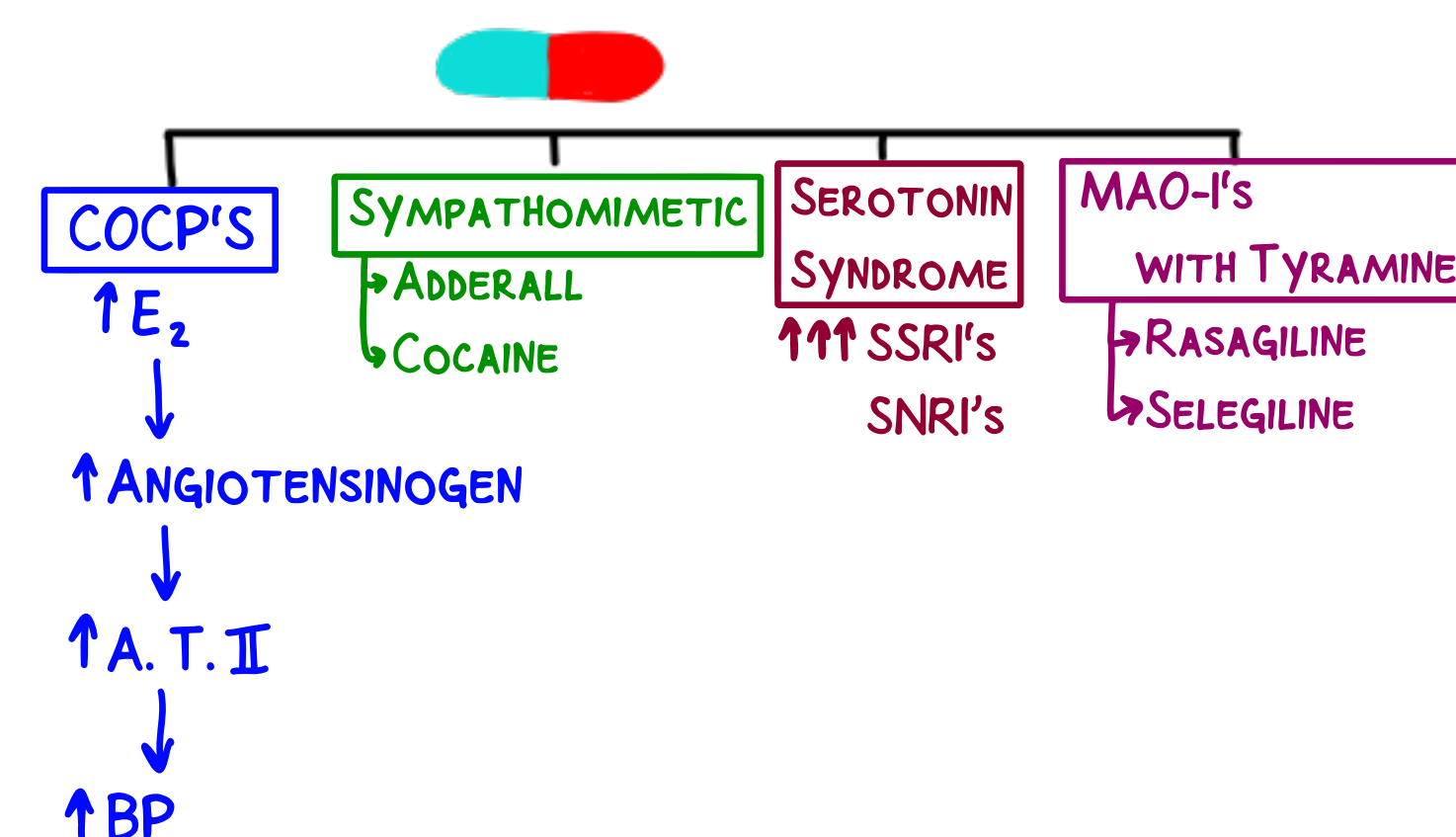
↑ PTH → ↑ Ca<sup>2+</sup> → VASOCONSTRICTION → ↑ T.P.R. → ↑ BP

↓ T<sub>3</sub> + T<sub>4</sub> → **HYPOTHYROIDISM** → ↑ DIASTOLIC BP

↑ Na<sup>+</sup>  
 ↓ BV  
 ↓ BP

↑ ICP → **CUSHINGS TRIAD**  
 \* HTN  
 \* ↓ HR  
 \* IRREGULAR RESPIRATIONS

> 20 WEEKS → **PRE-CLAMPSIA**  
 ↳ HTN  
 ↳ ⊕ PROTEINURIA  
**ECLAMPSIA**  
 ↳ HTN  
 ↳ PROTEINURIA  
 ↳ SEIZURES

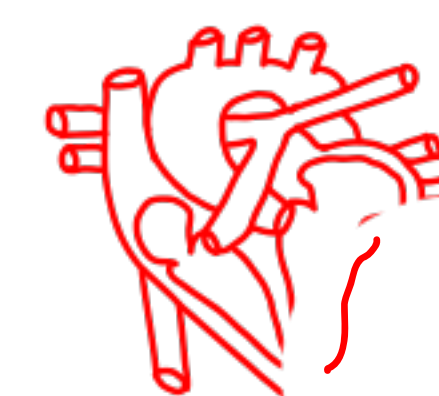


## HYPERTENSIVE CRISIS ≥ 180/120



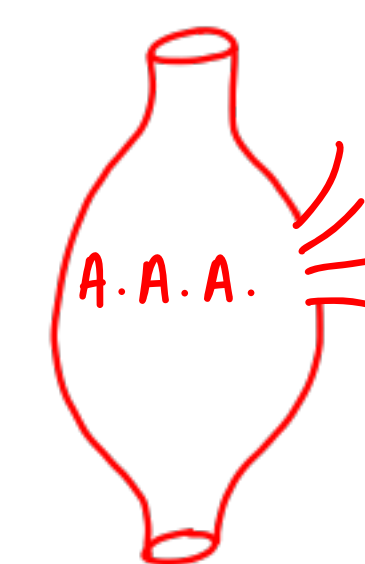
**HYPERTENSIVE RETINOPATHY**

**URGENCY** – ↑ BP + No EOD  
**EMERGENCY** – ↑ BP + EOD



\* **LVH** → **DIASTOLIC HF**  
 ↳ **LBBB**  
 ↳ **I.H.D./LMI**  
 \* **ARRHYTHMIAS**

### AORTIC DISSECTION



**CKD** → **HYALINE ARTERIOSCLEROSIS**  
 ↳ ↑ KIDNEY DAMAGE  
 ↳ ↑ RISK OF CKD

