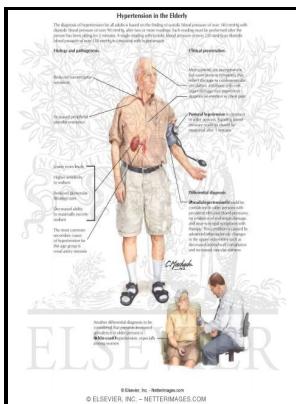


# Hypertension in the elderly

## Humana Press - Essential Senior Blood Pressure Charts by Age



Description: -

-  
Clinical Trials -- Aged.  
Antihypertensive Agents -- therapeutic use -- Aged.  
Hypertension -- etiology -- Aged.  
Hypertension -- drug therapy -- Aged.  
Hypertension in old age.Hypertension in the elderly

-  
Clinical hypertension and vascular diseasesHypertension in the elderly

Notes: Includes bibliographical references and index.

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Tags: #High #Blood #Pressure

### High Blood Pressure in Elderly People

Abstract Hypertension is common in people aged 65 and older.

### Hypertension in Older Adults

When should I seek immediate care? Exercise at least 30 minutes per day, on most days of the week. In comparison with other antihypertensives, systematic reviews generally have found calcium channel blockers to be equivalent or inferior to other antihypertensive agents.

### Treating Hypertension in Older People

When it comes to high blood pressure in the elderly, symptoms start to appear only at dangerously high levels. The American Geriatrics Society recommends a criterion-based screening assessment using slow gait speed, poor grip strength, and unexplained weight loss or exhaustion as markers of frailty. JNC 7 recommends adoption of the Dietary Approaches to Stop Hypertension DASH diet, which has been shown to produce blood pressure reductions similar to single-drug therapy; 7 to improve adherence with antihypertensive regimens, involve patients in goal setting, and ensure that the patient's cultural beliefs and previous experiences are incorporated in a treatment plan.

### Management of Hypertension in the Elderly Population

Observational studies and secondary analyses of randomized controlled trials RCTs have documented a relationship between a low diastolic blood pressure and an increased risk of coronary events and death J curve. The hypertension treatment goals for older patients according to American and European guidelines are listed in Table 1.

### [Hypertension in the elderly]

Conclusion Hypertension is a very important disorder in aged people and is associated with higher risk of cardiovascular morbidity and mortality. J Am Geriatr Soc 2019;67:674-94. For example, isolated systolic hypertension is the predominant form of arterial hypertension in the elderly.

### High Blood Pressure: Guidelines and Treatments for Seniors

Particularly in older patients, beta blockers as a class can cause bradycardia, conduction abnormalities, and development of heart failure if started too aggressively in patients with preexisting left ventricular dysfunction.

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