

Hypertension Management Guidelines

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1. Target Blood Pressure:
 - <130/80 mmHg for most patients
 - <140/90 mmHg for elderly patients
2. First-line Medications:
 1. ACE Inhibitors
 2. Calcium Channel Blockers
 3. Thiazide Diuretics
3. Lifestyle Modifications:
 - Weight loss
 - Low-sodium diet
 - Regular physical activity
4. Follow-Up and Monitoring:
 - Regular blood pressure monitoring
 - Adjust medications based on patient response