

JNC 8 Guideline For Hypertension

Adult aged ≥ 18 years with hypertension

Implement lifestyle interventions
(continue throughout management).

Set blood pressure goal and initiate blood pressure lowering medications
based on age, diabetes, and chronic kidney (CKD) disease.

Ages ≥ 60 years

Ages < 60 years

All ages
Diabetes present
No CKD

All ages
CKD present with or
without diabetes

Blood pressure goal
SBP < 150 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Blood pressure goal
SBP < 140 mm Hg
DBP < 90 mm Hg

Non-black

Black

All Races

Initiate thiazide-type diuretic
or ACEI or ARB or CCB, alone or
in combination.

Initiate thiazide-type diuretic or
CCB, alone or in combination.

Initiate ACEI or ARB, alone or in
combination with other drug
class.

Select a drug treatment titration strategy

- A. Maximize first medication before adding second OR
- B. Add second medication before reaching the maximum dose of first medication OR
- C. Start with 2 medication classes separately or as fixed dose-combination.

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G Thomas



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