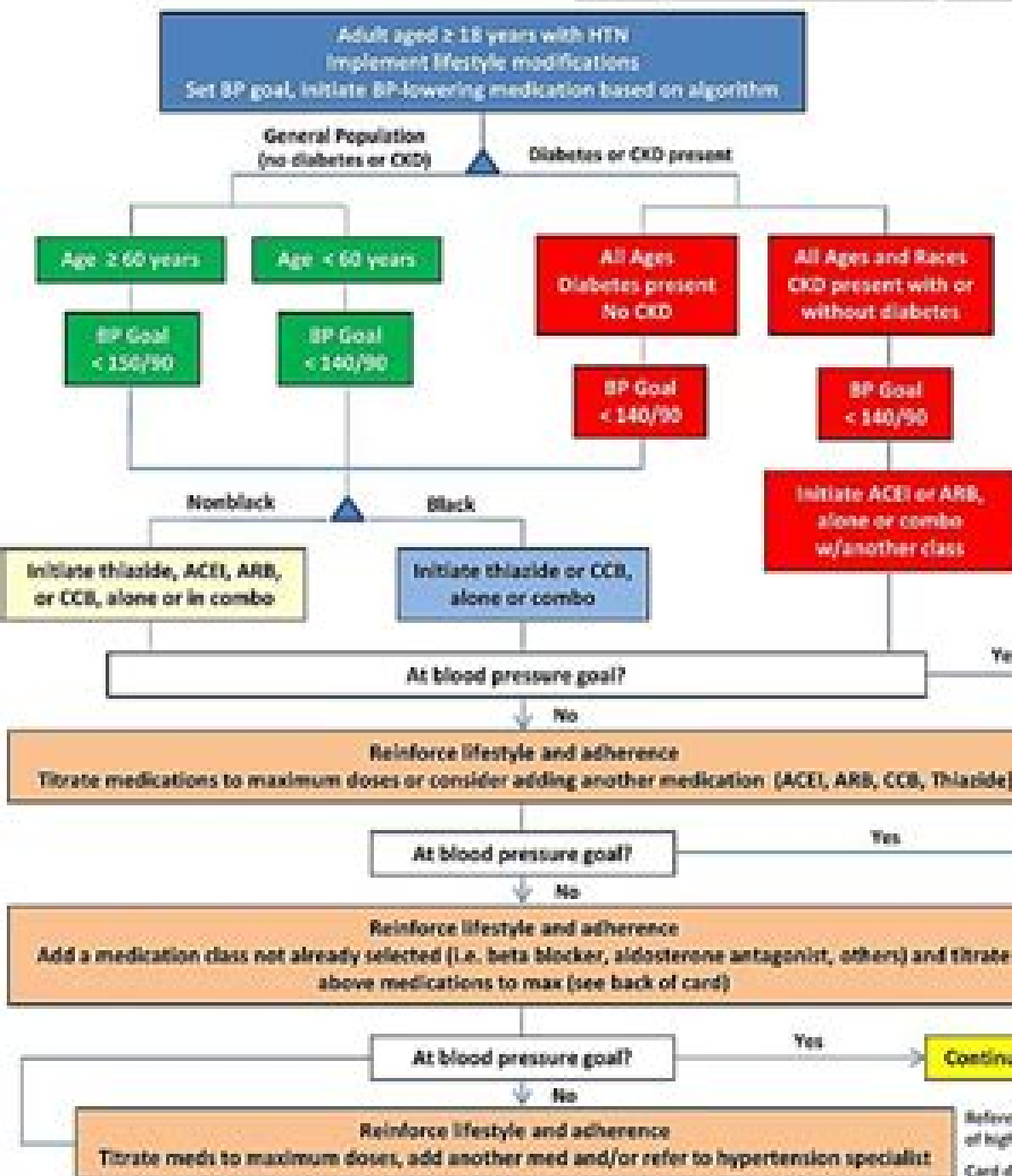


# JNC 8 Hypertension Guideline Algorithm



**Initial Drugs of Choice for Hypertension**

- ACE inhibitor (ACEI)
- Angiotensin receptor blocker (ARB)
- Thiazide diuretic
- Calcium channel blocker (CCB)

Strategy	Description
A	Start one drug, titrate to maximum dose, and then add a second drug.
B	Start one drug, then add a second drug before achieving max dose of first
C	Begin 2 drugs at same time, as separate pills or combination pill. Initial combination therapy is recommended if BP is greater than 20/10mm Hg above goal

## Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet
  - ✓ Eat healthy (i.e., DASH diet)
  - ✓ Moderate alcohol consumption
  - ✓ Reduce sodium intake to no more than 2,400 mg/day
- Physical activity
  - ✓ Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

Reference: James PA, Ortiz E, et al. 2014 evidence-based guideline for the management of high blood pressure in adults: (JNC8). JAMA. 2014 Feb 13;311(5):507-20

Card developed by Cole Glenn, Pharm.D. & James L Taylor, Pharm.D.

# Jnc 8 Guidelines Reference Card

**M Carnoy**



## **Jnc 8 Guidelines Reference Card:**

## Whispering the Techniques of Language: An Psychological Journey through **Jnc 8 Guidelines Reference Card**

In a digitally-driven world wherever screens reign great and quick conversation drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases usually get unheard. Yet, nestled within the pages of **Jnc 8 Guidelines Reference Card** a interesting fictional value pulsating with natural emotions, lies an extraordinary quest waiting to be undertaken. Published by a talented wordsmith, this charming opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the material of every word. Within the emotional depths with this touching evaluation, we shall embark upon a honest exploration of the book is primary styles, dissect its charming publishing fashion, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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