

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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KJ Lindholm-Leary



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Table of Contents Jnc 8 Reference Card

1. Understanding the eBook Jnc 8 Reference Card
 - The Rise of Digital Reading Jnc 8 Reference Card
 - Advantages of eBooks Over Traditional Books
2. Identifying Jnc 8 Reference Card
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Jnc 8 Reference Card
 - User-Friendly Interface
4. Exploring eBook Recommendations from Jnc 8 Reference Card
 - Personalized Recommendations

- Jnc 8 Reference Card User Reviews and Ratings
- Jnc 8 Reference Card and Bestseller Lists
- 5. Accessing Jnc 8 Reference Card Free and Paid eBooks
 - Jnc 8 Reference Card Public Domain eBooks
 - Jnc 8 Reference Card eBook Subscription Services
 - Jnc 8 Reference Card Budget-Friendly Options
- 6. Navigating Jnc 8 Reference Card eBook Formats
 - ePub, PDF, MOBI, and More
 - Jnc 8 Reference Card Compatibility with Devices
 - Jnc 8 Reference Card Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Jnc 8 Reference Card
 - Highlighting and Note-Taking Jnc 8 Reference Card
 - Interactive Elements Jnc 8 Reference Card
- 8. Staying Engaged with Jnc 8 Reference Card
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Jnc 8 Reference Card
- 9. Balancing eBooks and Physical Books Jnc 8 Reference Card
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Jnc 8 Reference Card
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Jnc 8 Reference Card
 - Setting Reading Goals Jnc 8 Reference Card
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Jnc 8 Reference Card
 - Fact-Checking eBook Content of Jnc 8 Reference Card

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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