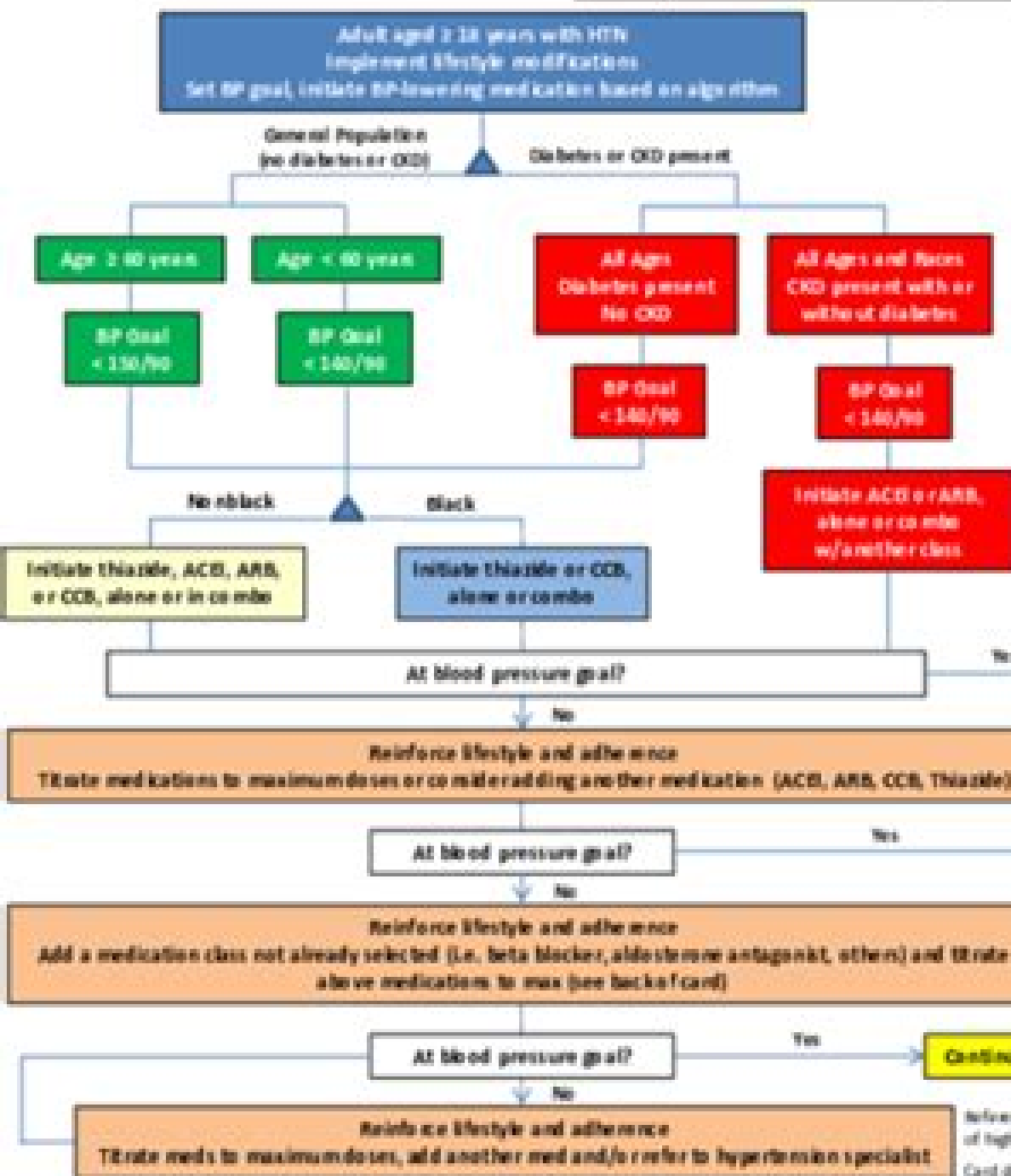


JNC 8 Hypertension Guideline Algorithm



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 20/10 mm 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, Olin K, et al. 2014 evidence-based guideline for the management of high blood pressure in adults. JNC8. JAMA. 2014 Feb 19;311(8):951-967-30

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

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5 3 at least two thirds of the reinforcement parallel to l_y should be concentrated in a band width 3 centred at column where l_x
 l_y and c_x c_y are the footing and column dimension in x and y directions

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