

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.

Jnc 8 Reference Card

Julia Phillippi, Ira Kantrowitz-Gordon



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web the haunted mask is the eleventh book in the original goosebumps book series and the first book in the same name saga it was first published in 1993 and was later followed up by the thirty sixth book the haunted mask ii in 1995 the cover illustration shows carly beth caldwell trying to wear

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web the haunted mask is the series premiere of the television series goosebumps the episode is based on the book of the same name by r l stine and is about carly beth a timid girl who buys a halloween mask that soon begins merging with her face

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