



Reference Card from the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC 7)

EVALUATION

CLASSIFICATION OF BLOOD PRESSURE (BP)*

CATEGORY	SBP mmHg	and	DBP mmHg
Normal	<120	and	<80
Prehypertension	120–139	or	80–89
Hypertension, Stage 1	140–159	or	90–99
Hypertension, Stage 2	≥160	or	≥100

* See Blood Pressure Measurement Techniques (reverse side).
Note: SBP = systolic blood pressure; DBP = diastolic blood pressure.

DIAGNOSTIC WORKUP OF HYPERTENSION

- Assess risk factors and comorbidities.
- Reveal identifiable causes of hypertension.
- Assess presence of target organ damage.
- Conduct history and physical examination.
- Obtain laboratory tests: urinalysis, blood glucose, hematocrit and lipid panel, serum potassium, creatinine, and calcium. Optional: urinary albumin/creatinine ratio.
- Obtain electrocardiogram.

ASSESS FOR MAJOR CARDIOVASCULAR DISEASE (CVD) RISK FACTORS

- Hypertension
- Obesity (body mass index ≥30 kg/m²)
- Dyslipidemia
- Diabetes mellitus
- Cigarette smoking
- Physical inactivity
- Microalbuminuria, estimated glomerular filtration rate <60 mL/min
- Age <55 for men, >65 for women
- Family history of premature CVD (men age <55, women age <65)

ASSESS FOR IDENTIFIABLE CAUSES OF HYPERTENSION

- Sleep apnea
- Drug-induced/habitual
- Chronic kidney disease
- Primary aldosteronism
- Renovascular disease
- Cushing's syndrome or steroid therapy
- Phochromocytoma
- Coarctation of aorta
- Thyroid/parathyroid disease



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute

BLOOD PRESSURE MEASUREMENT TECHNIQUES

Method	Notes
In-office	Two readings, 5 minutes apart, sitting in chair. Confirm elevated reading in contralateral arm.
Ambulatory BP monitoring	Indicated for evaluation of "white coat hypertension." Absence of 10–20 percent BP decrease during sleep may indicate increased CVD risk.
Patient self-check	Provides information on response to therapy. May help improve adherence to therapy and is useful for evaluating "white coat hypertension."

CAUSES OF RESISTANT HYPERTENSION

- Inappropriate BP measurement
- Excess sodium intake
- Inadequate diuretic therapy
- Medication
 - Inadequate doses
 - Drug actions and interactions (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs], illicit drugs, sympathomimetics, oral contraceptives)
 - Over-the-counter (OTC) drugs and herbal supplements
- Excess alcohol intake
- Identifiable causes of hypertension (see reverse side)

COMPPELLING INDICATIONS FOR INDIVIDUAL DRUG CLASSES

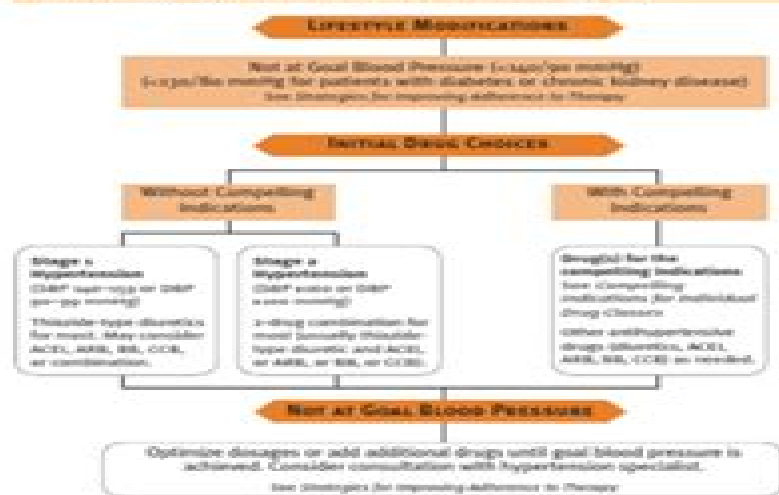
Compelling Indication	Initial Therapy Options
Heart failure	THIAZ, BB, ACEI, ARB, ALDO ANT
Post myocardial infarction	BB, ACEI, ALDO ANT
High CVD risk	THIAZ, BB, ACEI, CCB
Diabetes	THIAZ, BB, ACEI, ARB, CCB
Chronic kidney disease	ACEI, ARB
Recurrent stroke prevention	THIAZ, ACEI

TREATMENT

PRINCIPLES OF HYPERTENSION TREATMENT

- Treat to BP <140/90 mmHg or BP <130/80 mmHg in patients with diabetes or chronic kidney disease.
- Majority of patients will require two medications to reach goal.

ALGORITHM FOR TREATMENT OF HYPERTENSION



PRINCIPLES OF LIFESTYLE MODIFICATION

- Encourage healthy lifestyles for all individuals.
- Prescribe lifestyle modifications for all patients with prehypertension and hypertension.
- Components of lifestyle modifications include weight reduction, DASH eating plan, dietary sodium reduction, aerobic physical activity, and moderation of alcohol consumption.

LIFESTYLE MODIFICATION RECOMMENDATIONS

MODIFICATION	RECOMMENDATION	AVG. SBP REDUCTION RANGE*
Weight reduction	Maintain normal body weight (body mass index, 18.5–24.9 kg/m ²)	5–20 mmHg/10 kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and low-fat dairy products with reduced content of saturated and total fat.	8–14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to ≤100 mmol per day (2.4 g sodium or 6 g sodium chloride).	2–8 mmHg
Aerobic physical activity	Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.	4–9 mmHg
Moderation of alcohol consumption	Men: limit to ≤2 drinks [†] per day. Women and lighter weight persons: limit to ≤1 drink [†] per day.	2–4 mmHg

* 1 drink = 12 oz or 8 oz, 5% ethanol (e.g., 12 oz beer, 5 oz wine, 1.5 oz 40% ethanol whiskey).

† Effects are dose and time dependent.



Jnc Reference Card

Huangqi Zhang



Jnc Reference Card:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Jnc Reference Card**

In some sort of inundated with screens and the cacophony of fast conversation, the profound energy and emotional resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. Yet, located within the lyrical pages of **Jnc Reference Card**, a interesting function of fictional splendor that pulses with organic feelings, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus manuals viewers on an emotional odyssey, softly exposing the latent possible and profound impact stuck within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key styles, dissect their fascinating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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