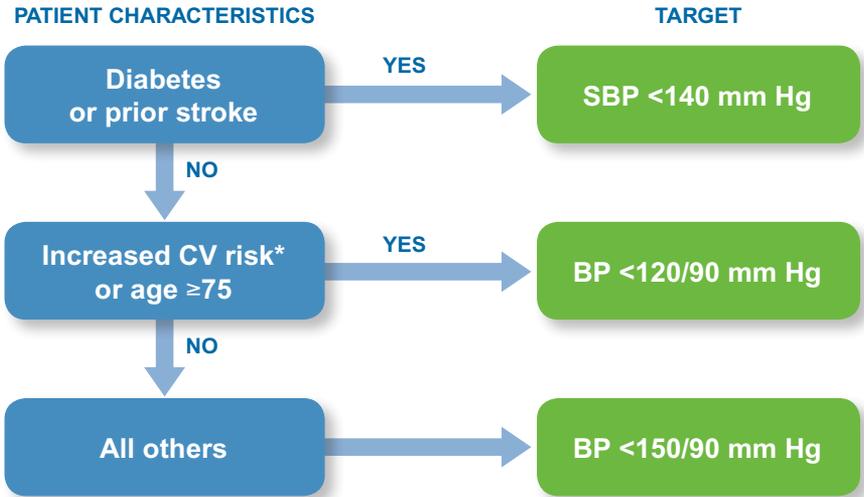


# Blood pressure goals in mm Hg, based on an overview of the current evidence<sup>1-6</sup>



\* CVD (other than stroke), chronic kidney disease (CKD), or Framingham risk > 15%, without diabetes (SPRINT study inclusion/exclusion criteria)

## Key considerations for hypertension treatment:

- ➔ Counsel patients on a low salt diet.
- ➔ Ensure patient adherence to medication.
- ➔ Intensify therapy for patients not at goal.

**Achieving the BP target is more important than the specific drug class used to get there.<sup>7</sup>**



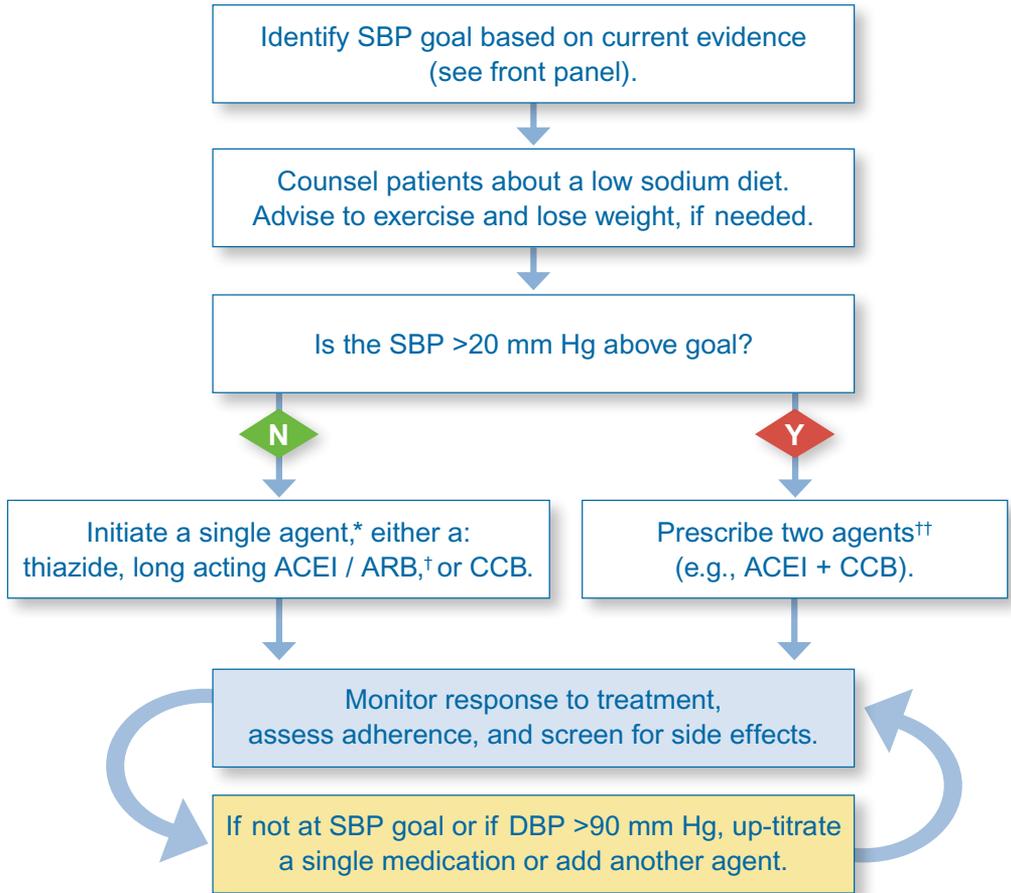
Pharmaceutical Assistance  
Contract for the Elderly

### Balanced information for better care

These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at [AlosaHealth.org](http://AlosaHealth.org).

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# Algorithm for treating hypertension<sup>3,8,9</sup>



**Visit [AlosaHealth.org/modules/hypertension](http://AlosaHealth.org/modules/hypertension) for more information and resources about hypertension**

\* For African Americans, initiate a thiazide or CCB.

† Combining an ACEI and an ARB confers no additional benefit and may increase adverse events.

†† For patients age 75 and over, start one medication and intensify therapy at the first follow-up visit.

(1) Accord Study Group, Cushman WC, Evans GW, et al. Effects of intensive blood-pressure control in type 2 diabetes mellitus. *N Engl J Med.* 2010;362(17):1575-1585. (2) SPS Study Group, Benavente OR, Coffey CS, et al. Blood-pressure targets in patients with recent lacunar stroke: the SPS3 randomised trial. *Lancet.* 2013;382(9891):507-515. (3) SPRINT Research Group, Wright JT, Jr, Williamson JD, et al. A Randomized Trial of Intensive versus Standard Blood-Pressure Control. *N Engl J Med.* 2015;373(22):2103-2116. (4) Principal results of the Japanese trial to assess optimal systolic blood pressure in elderly hypertensive patients (JATOS). *Hypertens Res.* 2008;31(12):2115-2127. (5) Ogihara T, Saruta T, Rakugi H, et al. Target blood pressure for treatment of isolated systolic hypertension in the elderly: valsartan in elderly isolated systolic hypertension study. *Hypertension.* 2010;56(2):196-202. (6) MRC trial of treatment of mild hypertension: principal results. Medical Research Council Working Party. *Br Med J (Clin Res Ed).* 1985;291(6488):97-104. (7) Law MR, Morris JK, Wald NJ. Use of blood pressure lowering drugs in the prevention of cardiovascular disease: meta-analysis of 147 randomised trials in the context of expectations from prospective epidemiological studies. *BMJ.* 2009;338:b1665. (8) Bangalore S, Ogedegbe G, Gyamfi J, et al. Outcomes with Angiotensin-converting Enzyme Inhibitors vs Other Antihypertensive Agents in Hypertensive Blacks. *Am J Med.* 2015;128(11):1195-1203. (9) ONTARGET Investigators. Telmisartan, ramipril, or both in patients at high risk for vascular events. *N Engl J Med.* 2008;358(15):1547-1559.