

HYPERTENSION THE SILENT KILLER

TJ TRAD DO, MS

Board Certified: Internal Medicine

Board Certified: Invasive Cardiology

DEFINITION

Normal $<120/80$

Pre-hypertension 120-139/80-89

Stage 1 Hypertension 140-159/90-99

Stage 2 hypertension $>160/>100$

SYSTOLIC HYPERTENSION

SH is not benign

SH is a risk factor for all cause dementia

Treatment is associated with decreased CHF and stroke, and ? Dementia

Over 80: Benefits seen with modest tx goal (SBP 150)

Follow standing BPs to avoid orthostatic hypotension

**First Line: thiazides, then calcium channel blockers or ACE inhibitors;
Beta blockers only if indication other than HTN.**

GUIDELINES

Adult aged ≥ 18 years with hypertension

Implement lifestyle interventions
(continue throughout management).

Set blood pressure goal and initiate blood pressure lowering-medication
based on age, diabetes, and chronic kidney disease (CKD).

General population
(no diabetes or CKD)

Diabetes or CKD present

Age ≥ 60 years

Age < 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

ASCVD

10 year risk calculator of heart disease and
stroke

RISK

Heart Attacks

Stroke

Heart failure

Renal Failure

DEATH from CV cause

LIFE STYLE

Moderate Exercise 30min – 1 hour

Mediterranean / Low Salt Diet

Good Sleep Habits

Sleep Apnea Treatment