



2. TREATMENT OF HYPERTENSION: LIFESTYLE AND PHARMACOLOGIC APPROACHES

Important Guidelines, Statements, and Reports

- 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines (+)
- 2018 ESC/ESH Clinical Practice Guidelines for the Management of Arterial Hypertension (+)
- 2020 International Society of Hypertension Global Hypertension Practice Guidelines (+)
- Hypertension Pharmacological Treatment in Adults: A World Health Organization Guideline Executive Summary (+)
- Physical Activity as a Critical Component of First-Line Treatment for Elevated Blood Pressure or Cholesterol: Who, What, and How? A Scientific Statement from the American Heart Association (+)
- 2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement from the American Heart Association (+)

Important Suggested Readings and Resources:

- ASCVD Risk Estimator Plus (+)
- Nonpharmacologic Interventions for Reducing Blood Pressure in Adults with Prehypertension to Established Hypertension (+)
- Sleep, Insomnia, and Hypertension: Current Findings and Future Directions (+)
- First-line combination therapy versus first-line monotherapy for primary hypertension. (+)
- Beta-blockers in hypertension: overview and meta-analysis of randomized outcome trials (+)
- Consequences of Overinterpreting Serum Creatinine Increases when Achieving BP Reduction: Balancing Risks and Benefits of BP Reduction in Hypertension. (+)
- Chlorthalidone for Hypertension in Advanced Chronic Kidney Disease (+)