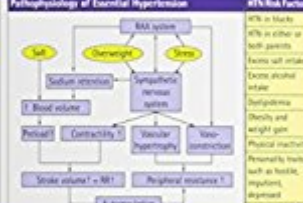


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Hypertension Pocketcard Set 2014

Hypertension pocketcard Set		
Causes of Hypertension		
Primary (essential, idiopathic) Hypertension		
No identifiable cause. 95% of hypertensive patients, often develops gradually over years.		
Secondary Hypertension^{1,2}		
Renal disease	Endocrine disease	Pharmacologic
- Polycystic kidneys - Renal parenchymal disease - Nephrotic syndrome - Nephritic syndrome - Chronic renal failure	- Endocrine disorders - Hyperthyroidism - Primary aldosteronism - Parathyroid disease - Excess of the adrenal cortex - Excess of the adrenal medulla - Excess of the adrenal medulla	- Thiazide diuretics - Calcium channel blockers - Stimulants - Oral contraceptives - Other vasoactive drugs - Neuroleptics - Heavy metal poisoning - Acute pain
Pathophysiology of Essential Hypertension		
		
Goals of Treating Hypertension, JNC 8³		
Population	Goal BP, mmHg, Initial Drug Treatment Options	
General <60 y	<130/80	Thiazide-like diuretic or ACEi
General ≥60 y	<140/80	or ARB, or CCB, alone or in combination ⁴
Diabetics	<130/80	Black, thiazide-like diuretic or CCB, alone or in combination
CKD	<130/80	ACEi or ARB ⁵
Goals of Treating Hypertension, GBD⁶		
Black, lower risk	<135/85	Thiazide or CCB
Target organ damage or CVD risk	<130/80	-



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Pocket size - great

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Helpful

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