

# HIGH BLOOD PRESSURE GOALS & INFORMATION

**Hypertension (HTN)** = a fancy medical term for high blood pressure.

- Normal blood pressure: systolic <120 mmHg and diastolic <80 mmHg
- Prehypertension: >120/80 mmHg
- Hypertension:  $\geq$ 140/90 mmHg

**Blood pressure treatment goals for hypertensive patients:** <140/90

Other terminology:

**Essential (primary) HTN** - The exact cause of this is poorly understood. It may be a combination of genetic background, race, diet, weight gain, and other environmental factors.

**Secondary HTN** - High blood pressure that may have a specific underlying cause that is different from "essential HTN." Your doctor will determine if you need to be screened for this.

Causes: Sleep apnea, Chronic Kidney Disease, disorders of the adrenal gland, narrowing of kidney arteries, birth control pills, and Non-steroidal anti-inflammatory medications (ie. Ibuprofen, naproxen).

**Resistant HTN** - Blood pressure that is not at goal despite being treated with 3 medications; one of these has to be a diuretic.



## Classes of Anti-Hypertensive (Blood Pressure Lowering) Medications

		Medication Names
Angiotensin Converting Enzyme (ACE) inhibitors	Generic drug name ends in: 'pril	
Angiotensin Receptor Blockers (ARB)	ends in: 'artan	
Direct Renin inhibitor	"aliskiren"	
Calcium channel blockers (peripheral-acting)	ends in: 'dipine	
Calcium channel blockers (AV nodal)		verapamil, diltiazem
Beta-blockers	ends in: 'olol	
Alpha-blockers	ends in: 'zosin	
Alpha-2 agonists		clonidine
Nitrates		isosorbide
Peripheral vasodilators		hydralazine, minoxidil
Thiazide diuretics		hydrochlorothiazide, chlorthalidone, indapamide
Loop diuretics		furosemide, bumetanide, torsemide
Potassium-sparing diuretics		spironolactone, eplerenone, amiloride, triamterene

Why should we should we treat your HTN? Answer... To decrease your risk of developing (or worsening) heart disease, stroke, chronic kidney disease, and possibly dementia.

Kidney doctors (nephrologists) are hypertension specialists because the kidney plays a major role in the regulation of blood pressure throughout the body. Your kidney doctor would love to help you bring your blood pressure to goal if you are not there yet.