

## JNC-7 blood pressure classifications

BP classification	SBP mmHg		DBP mmHg	Lifestyle modification	Initial drug therapy	
					Without compelling indications	With compelling indications
Normal	<120	and	<80	Encourage	--	--
Pre-hypertension	120–139	or	80–89	Yes	--	Drug(s) for compelling indications
Stage 1 hypertension	140–159	or	90–99	Yes	Thiazide-type diuretics for most (add ACEI or CCB, or combo if needed)	Drug(s) for compelling indications
Stage 2 hypertension	≥160	or	≥100	Yes	Two-drug combo for most (usually thiazide-type diuretic and ACEI or CCB)	Drug(s) for compelling indications

## An approach to effective hypertension control

- Low-dose thiazides play a central role: as initial therapy for many patients, and as part of combination treatment for others.
- Choose other medications based on compelling indications.

Compelling indications	Prescribe
Diabetes, CHF, CAD, chronic kidney disease	ACE inhibitor
CAD or high risk, CHF < 40%	Beta-blocker

- Combination therapy will often be needed.
- When choosing agents, take both compliance and cost into account.



The Alosa Foundation

Joint National Committee on Prevention Detection, Evaluation, and Treatment of High Blood Pressure. JNC 7 Complete Report: The Science Behind the New Guidelines. National Institutes of Health, National Heart, Lung, and Blood Institute. NIH Publication No. 04-5290. 2004.

**These are general recommendations only; specific clinical decisions should be made by the treating physician based on an individual patient's clinical condition.**

