Figure 1. Algorithm for the Treatment of Hypertension Lifestyle Modifications Not at Goal Blood Pressure (< 140/90 mmHg) (< 130/80 mmHg for those with diabetes or chronic kidney disease) **Initial Drug Choices** With Compelling Without Compelling Indications Indications Stage 1 Stage 2 Drug(s) for the **Hypertension** Hypertension compelling indications (SBP 140-159 or DBP 90- $(SBP \ge 160 \text{ or } DBP \ge 100)$ 99 mmHg) mmHg) Other antihypertensive Thiazide-type diuretics Two-drug combination for drugs (diuretics, ACEI, for most. May consider most (usually thiazide-ARB, BB, CCB) as ACEI, ARB, BB, CCB, type diuretic and ACEI, or needed or combination ARB, or BB, or CCB) Not at Goal **Blood Pressure** Optimize dosages or add additional drugs until goal blood pressure is achieved. Consider consultation with hypertension specialist.

vention, Detection, Evaluation, and Treatment of High Blood Pressure: The JNC 7 Report. *JAMA* 2003;289\_2560-2572.

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