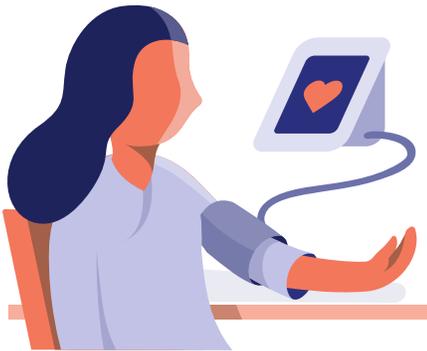


10 Hypertension Best Practices

1 Most people with hypertension have no symptoms. Screen all adults for hypertension.



2 Measure blood pressure the right way, every time.



3 Use good quality digital blood pressure monitors.



4 Treat all patients whose blood pressure readings on two separate days are 140 or above for systolic or 90 or above for diastolic.

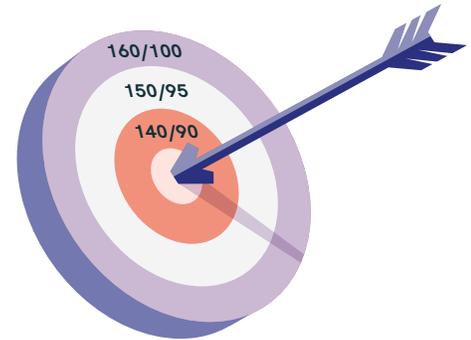


5 Start treatment with medications on the same day if systolic blood pressure is confirmed to be 160 or above or diastolic is confirmed to be 100 or above.



6 Recommend lifestyle management in addition to medicines for hypertension — not as a substitute!

7 Treatment goal is <140/90. Lower is better. Explain benefits of blood pressure control and risks of not taking medicines.



8 Use once-a-day medication to improve treatment adherence.



9 When available and affordable, prescribe fixed dose combination drug pills.



10 Follow patients up to ensure blood pressure control. Have an information system that provides regular feedback on patient treatment and control rates.

