

Blood Pressure Control: What Matters?

National High Blood Pressure Guidelines

Why

Since 1977, 8 different reports that have served as national guidelines for care.

The most recent guidelines were released in November 2017 by the American College of Cardiology and the American Heart Association.

The new guidelines advise lower systolic and diastolic blood pressure thresholds for hypertension diagnosis



What

- Normal blood pressure is below 120/80
- The term "elevated blood pressure" has a systolic range of 120-129 with a diastolic under 80
- Hypertension is $\geq 130/80$
- Pharmacologic treatment is recommended for those with 10-year cardiovascular risk of 10% or greater or blood pressure $\geq 140/90$
- Focus on lifestyle changes for all patients

How

These six lifestyle changes can have measurable impacts:

- Weight Loss – expect 1 mmHg systolic decrease for every 1 kg (2.2 lb) weight loss
- Healthier Diet (like DASH)– expect up to 11 mmHg decrease
- More Physical Activity – 5-8 mmHg decrease from aerobic, 4-5 mmHg from resistance
- Reduced Sodium intake – 5-7 mmHg decrease
- Moderation of Alcohol intake – 4 mmHg decrease
- Tobacco Cessation – 3-4 mmHg decrease even in 1 week

