



Initial Drugs of Choice for Hypertension

- ACE-inhibitor (ACE-I)
- Angiotensin receptor blocker (ARB)
- Thiazide diuretic
- Calcium channel blocker (CCB)
- Beta blocker (not first-line except in pregnancy or women who may become pregnant)

Strategy	Description
A	Start one drug. Titrate to maximum dose, and then add a second drug.
B	Start one drug. Add a second drug before reaching max dose of first drug.
C	Begin two drugs at the same time as separate pills or combination pill. Initial combination therapy is recommended if BP is >20/20 mmHg above goal.

Lifestyle Modifications:

- Smoking cessation
- Control blood glucose and lipids
- Diet:
 - DASH diet recommended.
 - Moderate alcohol consumption.
 - Reduce sodium intake to no more than 2400 mg/day.
 - Limit alcohol to two drinks/day for men and one drink/day for women.
- Physical activity
 - Moderate-to-vigorous activity for 120-180 min/week.

This guideline is designed for the general use of most patients but may need to be adapted to meet the special needs of a specific patient as determined by the medical practitioner.
Approved by MSEC 6/2017.

If comments about this guideline, please contact Ellen_Hodges@ykhc.org.