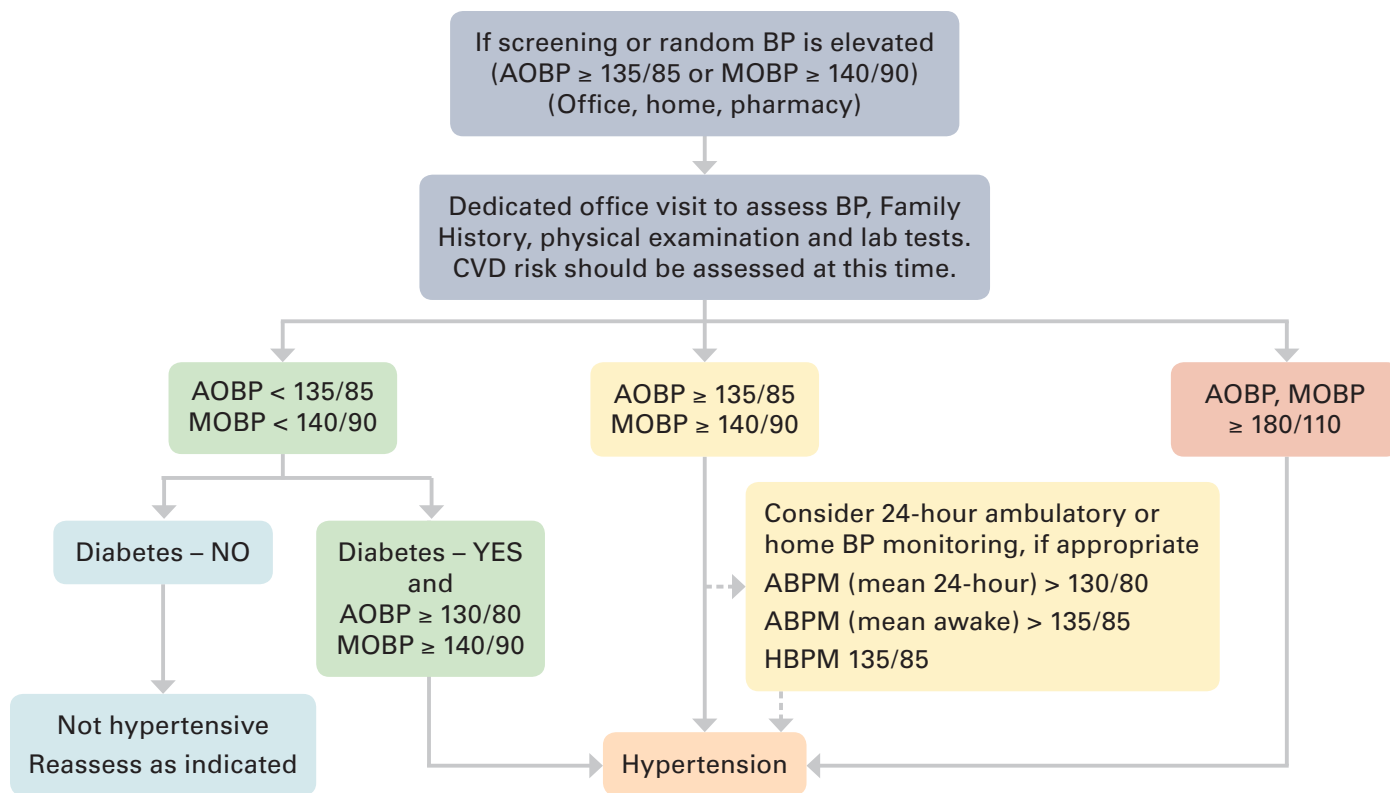




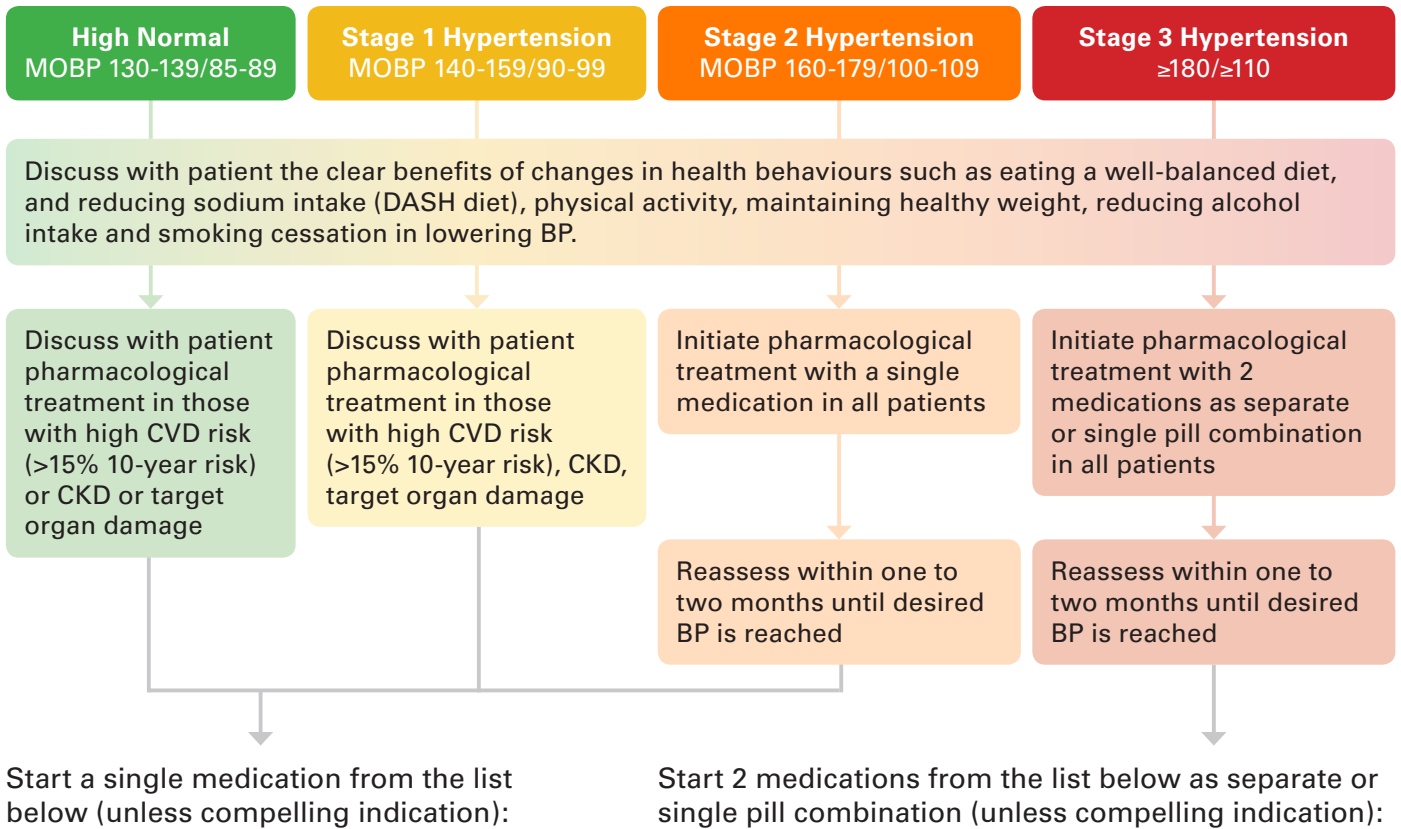
Appendix A: Diagnosis and Management of Hypertension Algorithm

AOBP	135-154*		85-94		Systolic (mm Hg) Diastolic (mm Hg)	
	Low Normal	Normal	High Normal	Stage 1	Stage 2	Stage 3
	Hypertension					
MOBP	<120 <80	120-129 80-84	130-139 85-89	140-159 90-99	160-179 100-109	≥180 ≥110
					Systolic (mm Hg) Diastolic (mm Hg)	

*Validated AOBP levels for the other classifications are currently unavailable and hence only previously published MOBP levels are listed.



Abbreviations: AOBP = automatic office blood pressure; ABPM = ambulatory blood pressure monitoring; BP = blood pressure; CVD = cardiovascular disease; DBP = diastolic blood pressure; HBPM = home blood pressure monitoring; MOBP = manual office blood pressure.



Medication Class	Examples (initial adult dose)
Diuretic	Hydrochlorothiazide 12.5 mg once daily
ACE-I <i>OR</i> ARB (if ACE-I intolerant)	Ramipril 2.5 mg once daily <i>OR</i> Candesartan 8 mg once daily
Calcium Channel Blocker	Amlodipine 5 mg once daily

When initiating 2 medications at the same time, use lower doses

