**ACC/AHA 2017 HTN Guideline and 2021 update for Stage 1 HTN in low risk adults**

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| **BP Category** | **SBP** |  | **DBP** | **Initial Treatment** | **F/u interval** |
| Normal | <120 | AND | <80 | lifestyle interventions | 1 year |
| Elevated | 120 - 129 | AND | <80 | lifestyle interventions | 3-6 months |
| Hypertension |
| Stage 1 | 130-139 | OR | 80-89 | CVD or ASCVD > 10% --> 1 antihypertensive | 1 month |
| ASCVD < 10% --> lifestyle | 3-6 months\* |
| Stage 2 | ≥140 | OR | ≥90 | 2 antihypertensives | 1 month |

\* Consider antihypertensive initiation if still above goal at 3-6 months

First line outpatient antihypertensives: Calcium Channel Blockers, ACEi/ARBs, thiazides

**Hypertensive Emergency**

Brain – ICH/stroke, PRES (headache alone does not = HTN emergency)

Retina – microangiopathy, flame hemorrhages, exudates, papilledema

Heart – ACS

Lungs – flash pulmonary edema

Large vessels – aortic dissection

Kidneys – AKI

Microvasculature – MAHA

Goal MAP reduction 10-20% 1st Hr 🡪 5-15% next 23 Hrs (excludes aortic dissection, eclampsia, stroke)