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



Use of BP-lowering medications is recommended for patients with:

- Clinical CVD (CHF, stroke, CAD) + average SBP ≥ 130 mmHg or average DBP ≥ 80 mmHg (secondary prevention)

- 10-year ASCVD risk ≥ 10% + average SBP ≥ 130 mmHg or average DBP ≥ 80 mmHg (primary prevention)

- 10-year ASCVD risk < 10% + average SBP ≥ 140 mmHg or average DBP ≥ 90 mmHg (primary prevention)

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

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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 |

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

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| **BP Category** | **SBP** |  | **DBP** | **Initial Treatment** | F/u interval |
| Normal | <\_\_\_\_\_\_ | AND | <\_\_\_\_\_\_ |   |   |
| Elevated | \_\_\_\_ - \_\_\_\_ | AND | <\_\_\_\_\_\_ |   |   |
| Hypertension |
| Stage 1 | \_\_\_\_ - \_\_\_\_ | OR | \_\_\_\_ - \_\_\_\_ | CVD or ASCVD > 10% --> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |   |
| ASCVD < 10%--> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |   |
| Stage 2 | ≥\_\_\_\_\_\_ | OR | ≥\_\_\_\_\_\_ |   |   |