

JNC 7 guidelines for classifying, managing hypertension

| BP classification | SBP* mmHg | DBP* mmHg | Lifestyle modification | Initial Drug therapy | |
|----------------------|-----------|-----------|------------------------|--|--|
| | | | | Without compelling indication | With compelling indications |
| Normal | <120 | and <80 | Encourage | No antihypertensive drug indicated. | Drug(s) for compelling indications++ |
| Prehypertension | 120-139 | or 80-89 | Yes | | |
| Stage 1 Hypertension | 140-159 | or 90-99 | Yes | Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination. | Drug(s) for the compelling indications++. Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed |
| Stage 2 Hypertension | ≥160 | or ≥100 | Yes | Two-drug combination for most + (usually thiazide-type diuretic and ACEI or ARB or BB or CCB). | |

* Treatment determined by highest BP category

+ Initial combined therapy should be used cautiously in those at risk for orthostatic hypotension

++ Treat patients with chronic kidney disease or diabetes to BP goal of <130/80 mmHg

DBP, diastolic blood pressure;

SBP, systolic blood pressure.

Drug abbreviations:

ACEI, angiotensin converting enzyme inhibitor;

ARB, angiotensin receptor blocker;

BB, beta-blocker;

CCB, calcium channel blocker.