**Algorithm for Treatment of Hypertension**

**Lifestyle Modifications**

Not at Goal Blood Pressure (<140/90 mmHg)
(<130/80 mmHg for patients with diabetes or chronic kidney disease)

*See Strategies for Improving Adherence to Therapy*

**Initial Drug Choices**

Without Compelling Indications

- Stage 1 Hypertension (SBP 140–159 or DBP 90–99 mmHg)
  - Thiazide-type diuretics for most. May consider ACEI, ARB, BB, CCB, or combination.

With Compelling Indications

- Stage 2 Hypertension (SBP ≥160 or DBP ≥100 mmHg)
  - 2-drug combination for most (usually thiazide-type diuretic and ACEI, or ARB, or BB, or CCB).

- Drug(s) for the compelling indications
  - See Compelling Indications for Individual Drug Classes
  - Other antihypertensive drugs (diuretics, ACEI, ARB, BB, CCB) as needed.

**Not at Goal Blood Pressure**

Optimize dosages or add additional drugs until goal blood pressure is achieved. Consider consultation with hypertension specialist.

*See Strategies for Improving Adherence to Therapy*

**Compelling Indications for Individual Drug Classes**

<table>
<thead>
<tr>
<th>Compelling Indication</th>
<th>Initial Therapy Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart failure</td>
<td>THIAZ, BB, ACEI, ARB, ALDO ANT</td>
</tr>
<tr>
<td>Post myocardial infarction</td>
<td>BB, ACEI, ALDO ANT</td>
</tr>
<tr>
<td>High CVD risk</td>
<td>THIAZ, BB, ACEI, CCB</td>
</tr>
<tr>
<td>Diabetes</td>
<td>THIAZ, BB, ACEI, ARB, CCB</td>
</tr>
<tr>
<td>Chronic kidney disease</td>
<td>ACEI, ARB</td>
</tr>
<tr>
<td>Recurrent stroke prevention</td>
<td>THIAZ, ACEI</td>
</tr>
</tbody>
</table>

THIAZ = thiazide diuretic, ACEI = angiotensin converting enzyme inhibitor, ARB = angiotensin receptor blocker, BB = beta blocker, CCB = calcium channel blocker, ALDO ANT = aldosterone antagonist