

If slightly high blood pressure doesn't respond to lifestyle change, medication can help

April 29 2021



Credit: Unsplash/CC0 Public Domain

Health care professionals should consider prescribing medication for patients with slightly elevated blood pressure if levels do not decrease after six months of healthy lifestyle changes, according to a new

scientific statement from the American Heart Association. The statement, published today in the Association's journal *Hypertension*, fills a gap in guideline recommendations by addressing how to manage untreated, stage 1 high blood pressure—levels of 130-139/80-89 mm Hg—that was not fully addressed in the 2017 treatment guidelines.

The 2017 American College of Cardiology/American Heart Association Blood Pressure Management Guidelines' recommendation for patients with stage 1 hypertension and a low (10%) 10-year risk for heart attack or stroke, the guidelines recommend anti-hypertensive medication in addition to healthy lifestyle.

Today's scientific statement suggests clinicians should consider medication for patients with a low ten-year risk if the blood pressure goals (

Citation: If slightly high blood pressure doesn't respond to lifestyle change, medication can help (2021, April 29) retrieved 23 June 2024 from <https://medicalxpress.com/news/2021-04-slightly-high-blood-pressure-doesnt.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--