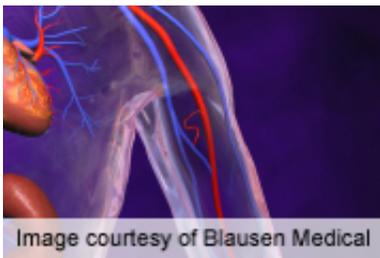


AMA launches online resource to guide HTN management

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(HealthDay)—An online resource has been developed for improving the detection and management of high blood pressure. The resource is part of the American Medical Association's Improving Health Outcomes Initiative which aims to improve outcomes around heart disease, starting with the 30 million people who have uncontrolled hypertension.

The new microsite from the JAMA Network comprises resources such as the new guideline published in the *Journal of the American Medical Association* last month together with editorials addressing the guideline; a treatment recommendation flowchart; previous guidelines; and landmark articles relating to hypertension.

In a series of nine recommendations, the guideline addresses three questions relating to hypertension management among adults, including when medication should be initiated, blood pressure targets, and initial

medication choices.

"For all persons with hypertension, the potential benefits of a healthy diet, weight control, and regular exercise cannot be overemphasized," authors of the new guideline wrote in the *Journal of the American Medical Association*. "These lifestyle treatments have the potential to improve [blood pressure](#) control and even reduce medication needs."

More information: [More Information](#)

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