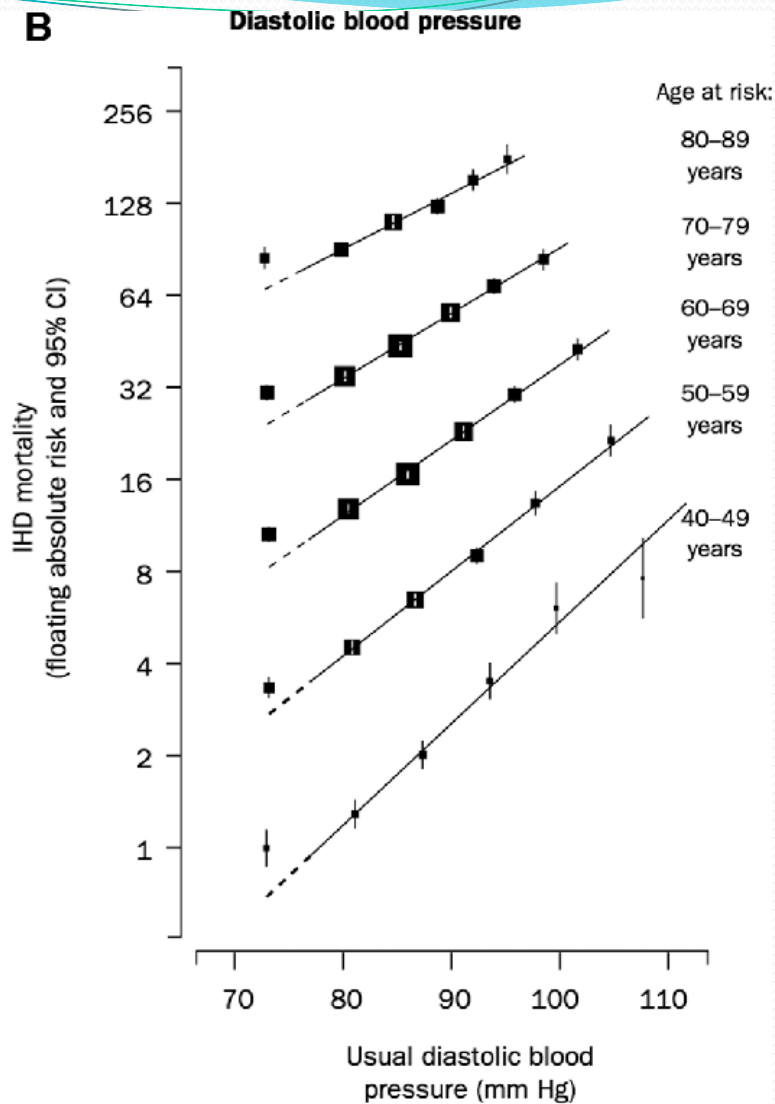
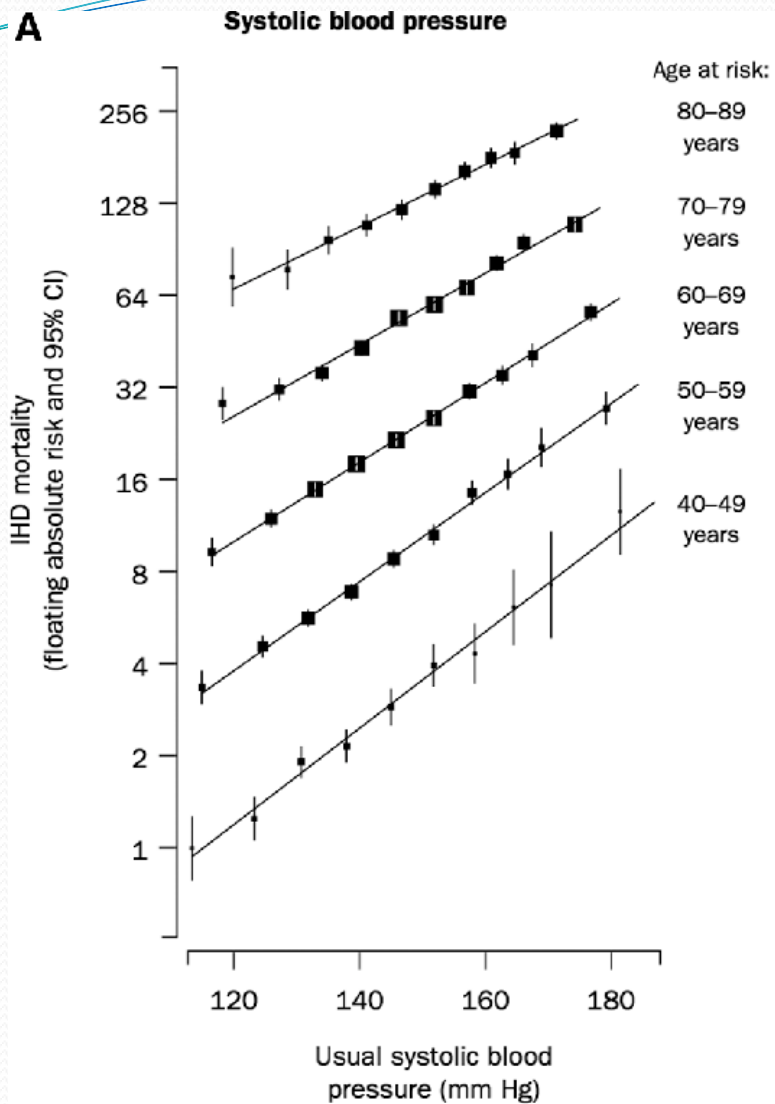


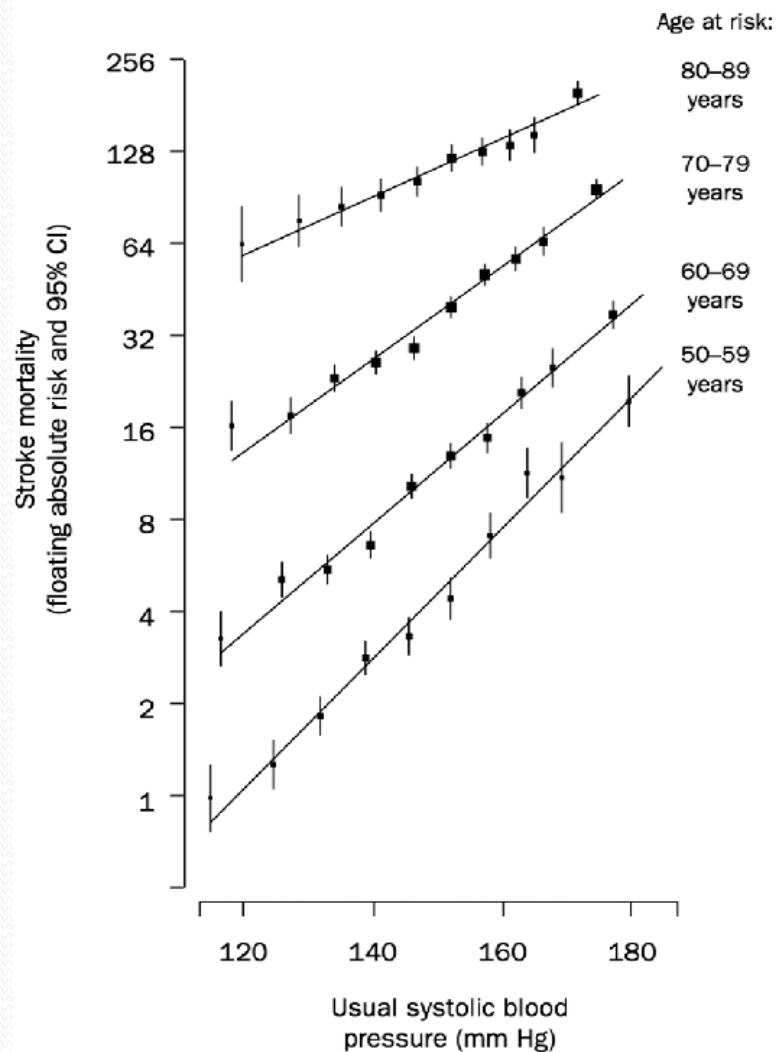
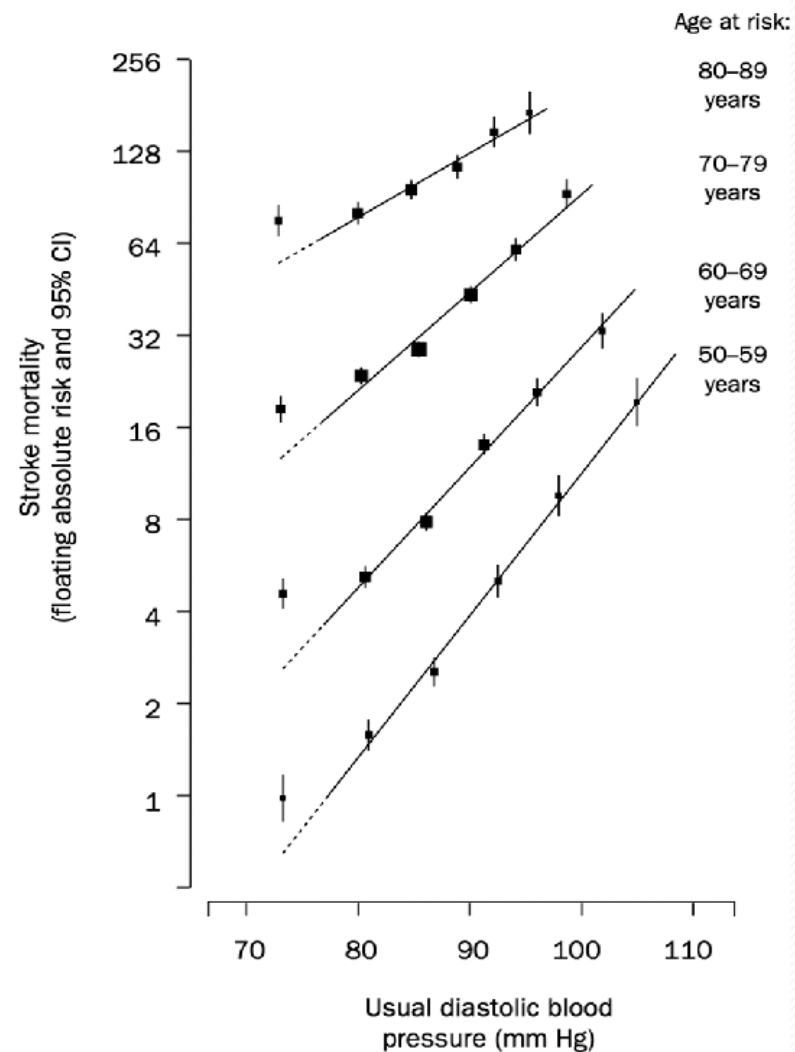
ASIA CARDIOLOGY



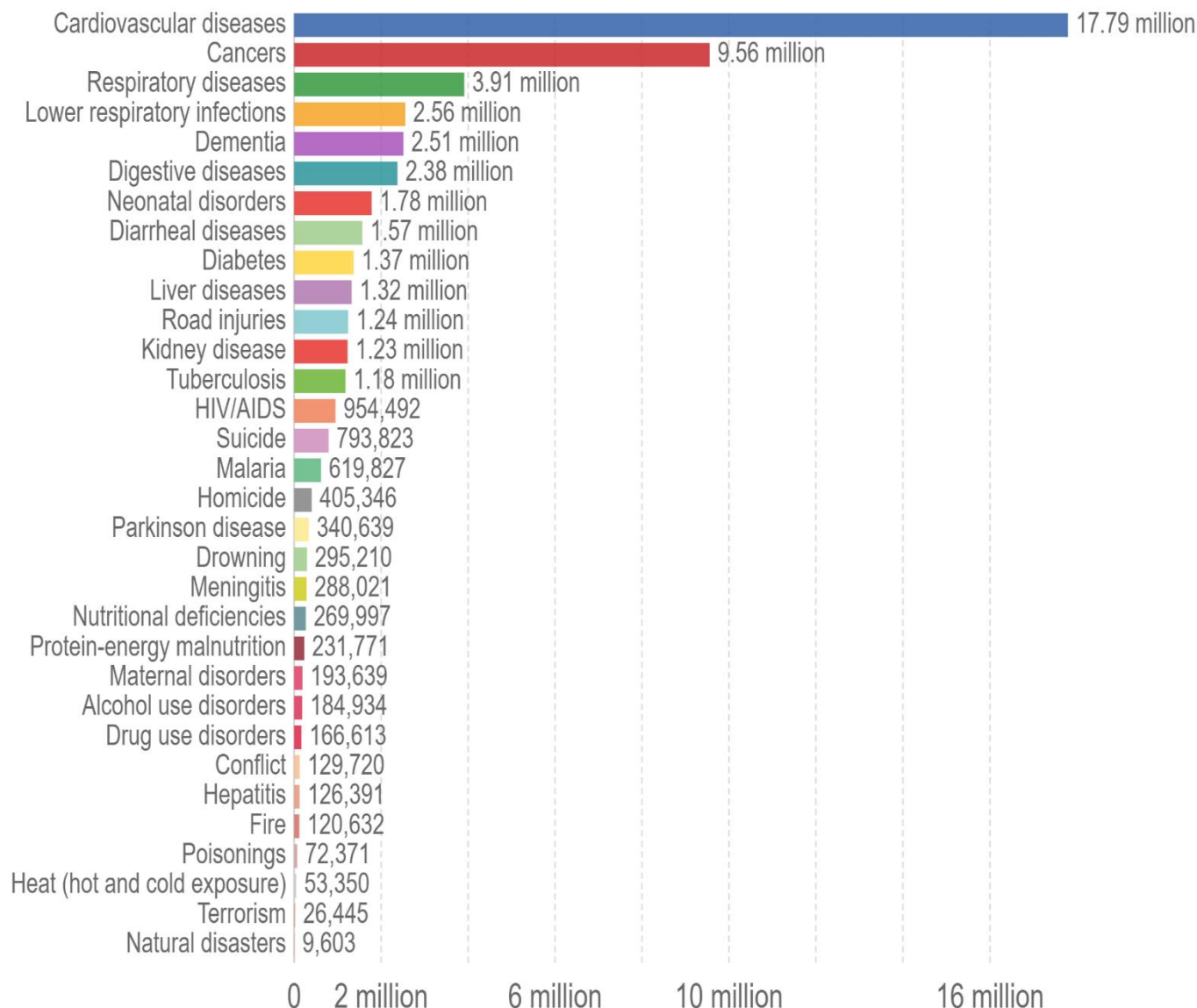
HYPERTENSION





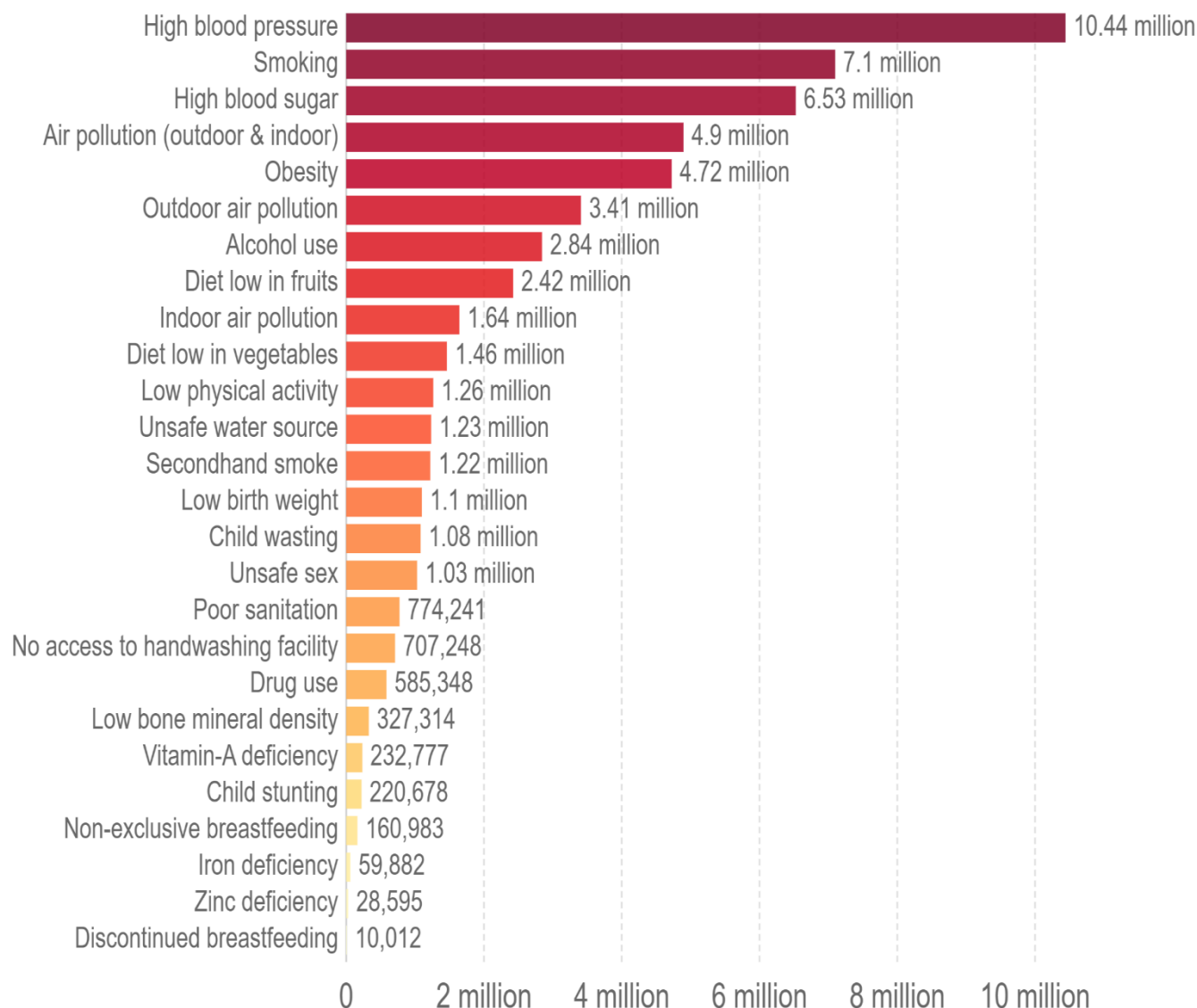
A**Systolic blood pressure****B****Diastolic blood pressure**

Number of deaths by cause, World, 2017



Number of deaths by risk factor, World, 2017

Total annual number of deaths by risk factor, measured across all age groups and both sexes.

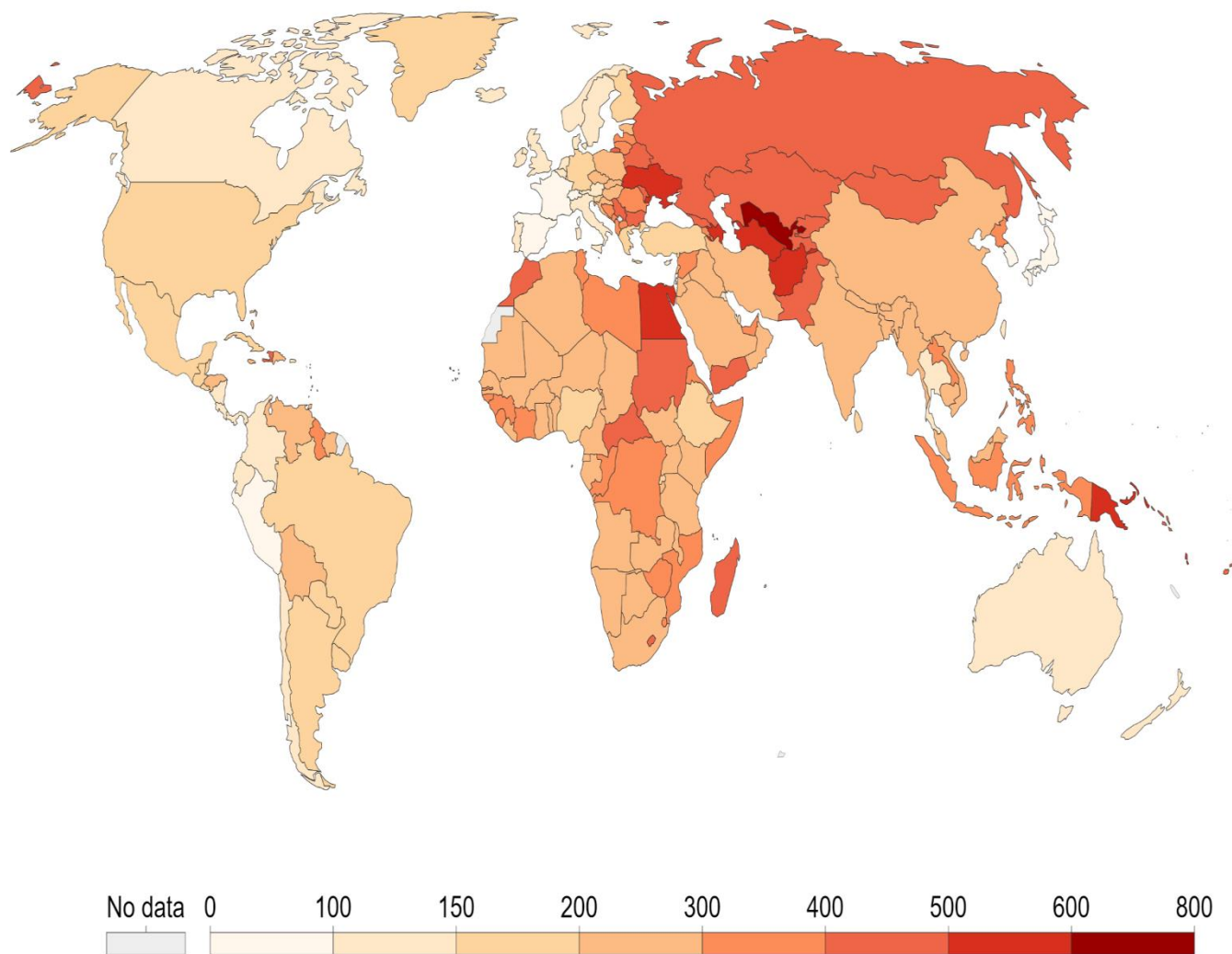


Source: IHME, Global Burden of Disease (GBD)

CC BY

Death rate from cardiovascular disease, 2017

The annual number of deaths from cardiovascular diseases per 100,000 people.

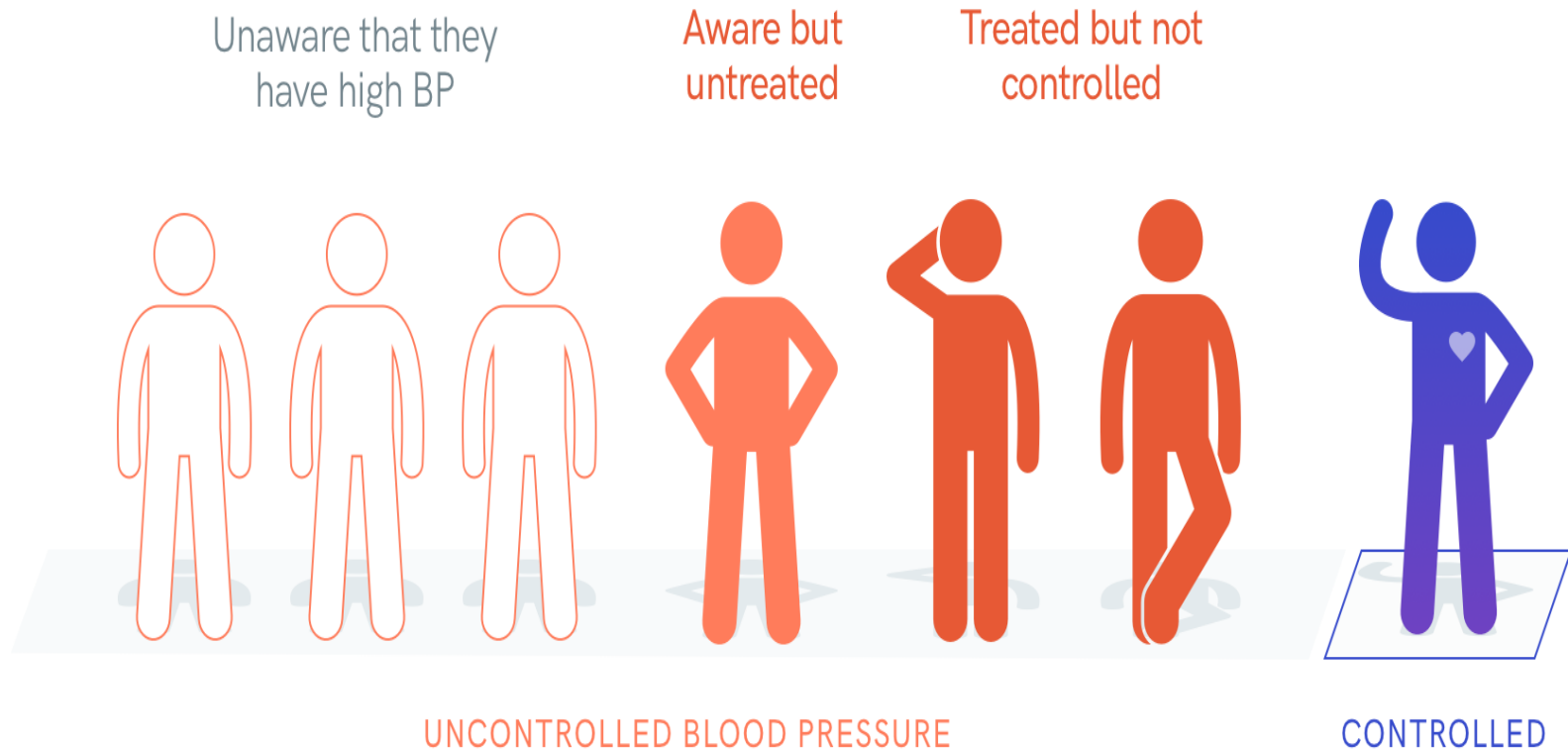


Source: IHME, Global Burden of Disease (GBD)

Note: To allow comparisons between countries and over time this metric is age-standardized.

OurWorldInData.org/causes-of-death • CC BY

Globally, only 1 of every 7 people has their hypertension under control



Guidelines:

➤ JNC

➤ ESC

➤ ACC/AHA

BP Classification...

2017 Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults

BP Classification (JNC 7 and ACC/AHA Guidelines)

SBP		DBP	JNC 7	2017 ACC/AHA
<120	and	<80	Normal BP	Normal BP
120–129	and	<80	Prehypertension	Elevated BP
130–139	or	80–89	Prehypertension	Stage 1 hypertension
140–159	or	90–99	Stage 1 hypertension	Stage 2 hypertension
≥160	or	≥100	Stage 2 hypertension	Stage 2 hypertension

ESC/ESH vs. ACC/AHA Hypertension Guideline

ESC/ESH 2018 (June)				ACC/AHA 2017 (Nov)			
Category	Systolic (mmHg)		Diastolic (mmHg)	Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	<120	and	<80	Normal	<120	and	<80
Normal	120-129	and	80-84	Elevated BP	120-129	and	<80
High Normal	130-139	and/or	85-89	Stage 1	130-139	or	80-89
Grade 1	140-159	and/or	90-99	Stage 2	≥140	or	≥90
Grade 2	160-179	and/or	100-109	Hypertensive crisis	≥180	or	≥120
Grade 3	≥ 180	and/or	≥ 110				

Table 23 Office blood pressure treatment target range

Age group	Office SBP treatment target ranges (mmHg)					Office DBP treatment target range (mmHg)
	Hypertension	+ Diabetes	+ CKD	+ CAD	+ Stroke ^a /TIA	
18 - 65 years	Target to 130 <i>or lower if tolerated</i> Not <120	Target to 130 <i>or lower if tolerated</i> Not <120	Target to <140 to 130 <i>if tolerated</i>	Target to 130 <i>or lower if tolerated</i> Not <120	Target to 130 <i>or lower if tolerated</i> Not <120	70–79
65 - 79 years ^b	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	70–79
≥80 years ^b	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	Target to 130-139 <i>if tolerated</i>	70–79
Office DBP treatment target range (mmHg)	70–79	70–79	70–79	70–79	70–79	

CAD = coronary artery disease; CKD = chronic kidney disease (includes diabetic and non-diabetic CKD); DBP = diastolic blood pressure; SBP = systolic blood pressure; TIA = transient ischaemic attack.

^aRefers to patients with previous stroke and does not refer to blood pressure targets immediately after acute stroke.

^bTreatment decisions and blood pressure targets may need to be modified in older patients who are frail and independent.

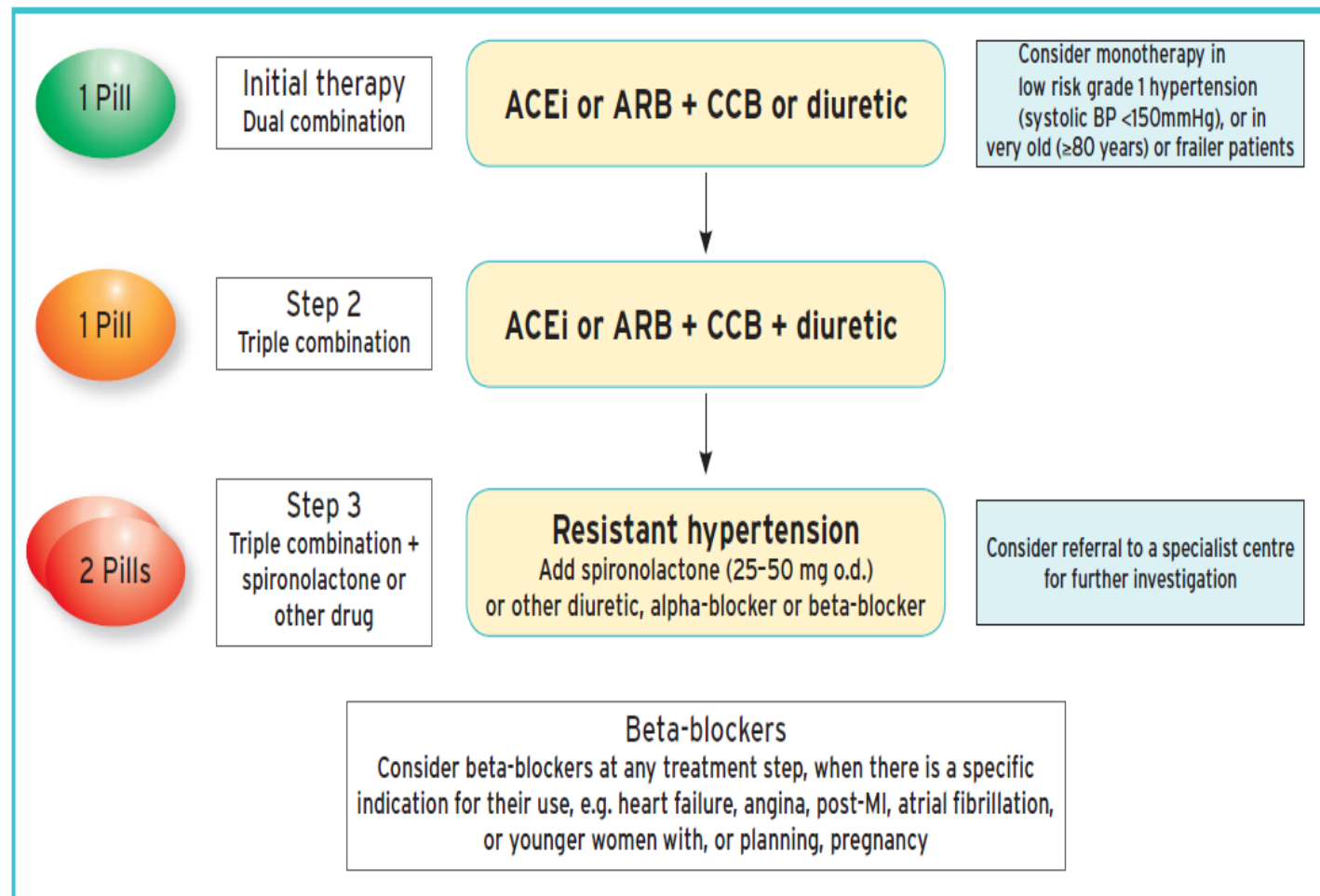


Figure 4 Core drug treatment strategy for uncomplicated hypertension. The core algorithm is also appropriate for most patients with HMOD, cerebrovascular disease, diabetes, or PAD. ACEi = angiotensin-converting enzyme inhibitor; ARB = angiotensin receptor blocker; CCB = calcium channel blocker; HMOD = hypertension-mediated organ damage; MI = myocardial infarction; o.d. = omni die (every day); PAD = peripheral artery disease.

ACEIs (Angiotensin converting enzyme inhibitor):



1-Captopril:



ACEIs (Angiotensin converting enzyme inhibitor): cont....



2- Inalapril:



ACEIs (Angiotensin converting enzyme inhibitor): cont....



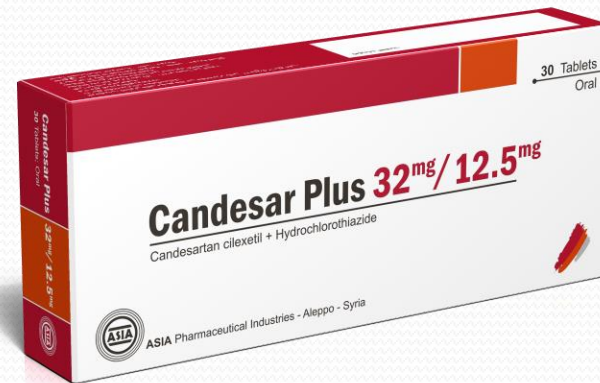
3- Prindopril:



ARBs (Angiotensin receptor blockers):



1- Candesartan:



ARBs (Angiotensin receptor blockers): cont....



2- Valsartan:



ARBs (Angiotensin receptor blockers): cont....

3_lozartan :



CCBs (Calcium channel blocker):



1- Amlodipine:



CCBs (Calcium channel blocker):

2- Diltiazem:



Diuretics:

1- spironolactone:



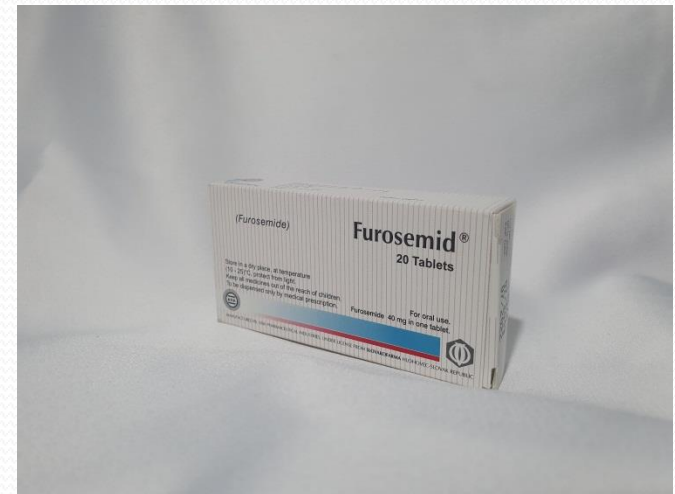
Diuretics: cont....

2- hydrochlorthiazide:



Diuretics: cont....

3- Ferosimide:



BB (BETA Blocker):

1-Bizoprolol:



BB (BETA Blocker): cont...



2- Atenolol:



BB (BETA Blocker): cont...

3- Metprolol:



BB (BETA Blocker): cont...



4- Cardivolol:



Thank you

