

# NorthShore Medical Group Hypertension Guidelines

## Target values depend on age and comorbidities

If patient is < 60 years old or Patient is any age with Diabetes or Chronic Kidney Disease	<140/90
If patient is ≥ 60 years old	<150/90

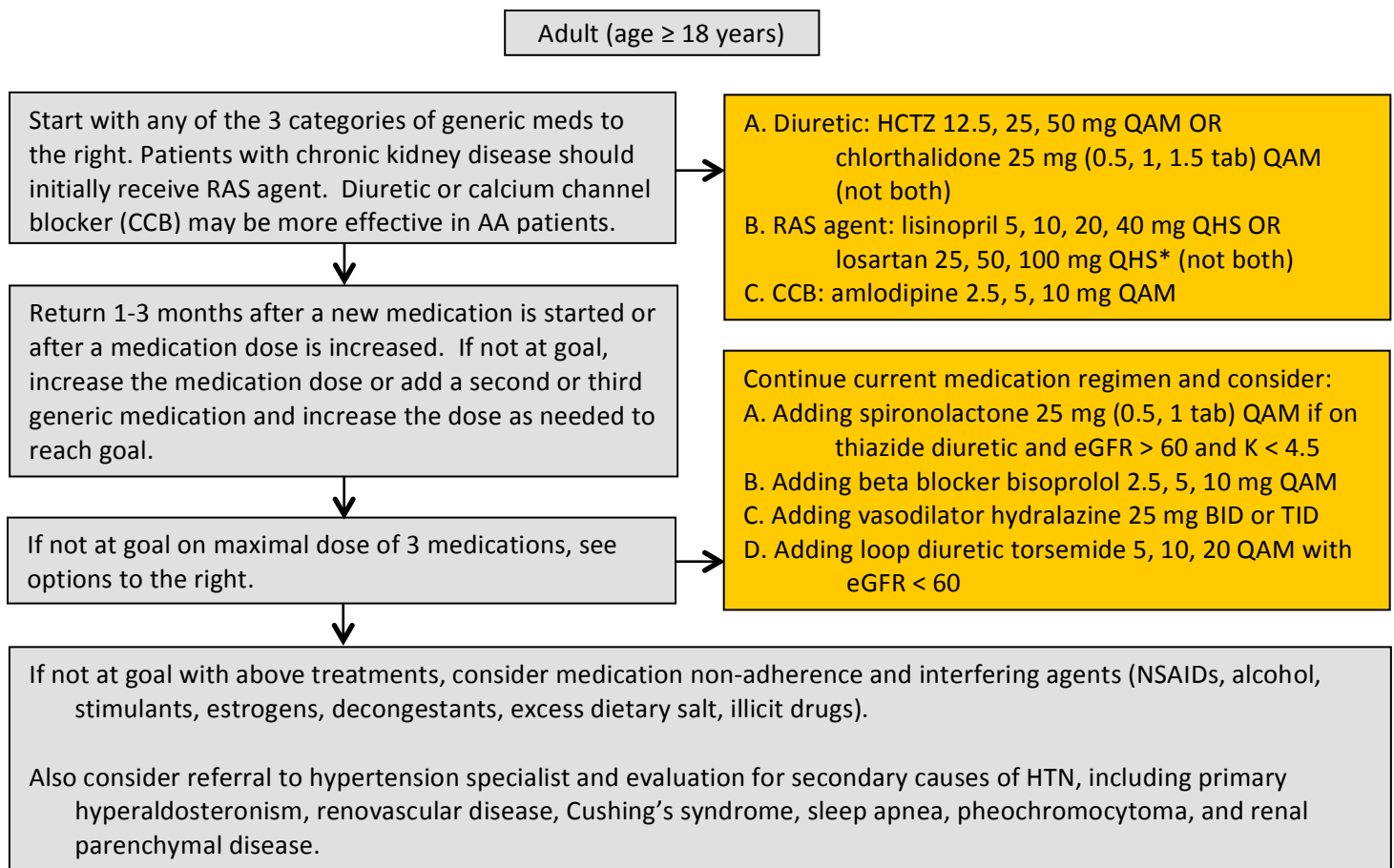
A hypertensive patient is considered to be out of control if the following BP reading is above target:

The LOWEST recorded BP at the most recent

a) office visit with Internal Medicine, Family Medicine, Endocrinology, Cardiology, and Nephrology OR

b) Telephone/NorthShore Connect encounter in which “patient reported” values were entered

## Practical JNC 8 Hypertension Treatment Algorithm



\*In addition to losartan (Cozaar), other generic ARBs include irbesartan (Avapro) 75, 150, 300 mg; telmisartan (Micardis) 20, 40, 80 mg; and candesartan (Atacand) 4, 8, 16, 32 mg. Do not use RAS agents in women if they could become pregnant. Valsartan (Diovan) 40, 80, 160, 320 mg will soon be generic but it tends to be more expensive.