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An integrated mini-course

### DRUG THERAPY FOR HYPERTENSION

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**Classification of Adult Blood Pressure (BP)**

Classification	Systolic BP	Diastolic BP (mmHg)
Normal	<120 and <80	
Prehypertension	120-139 or 80-89	
Hypertension	≥140 or ≥90	
Stage 1	140-159 or 90-99	
Stage 2	≥160 or ≥100	
Emergency	>180 or >120	

**ANTIHYPERTENSIVE DRUGS**

**Classification (eg)**

- 1. **Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors)**
- 2. **Angiotensin II Receptor Blockers (ARBs)**
- 3. **Thiazide and Thiazide-like Diuretics**
- 4. **Loop Diuretics**
- 5. **Calcium Channel Blockers (CCBs)**
- 6. **Beta-blockers**
- 7. **Alpha-1 Blockers**
- 8. **Direct Renin Inhibitors (DRIs)**
- 9. **Mineralocorticoid Receptor Antagonists (MRAs)**
- 10. **Diuretics**
- 11. **Diuretics and Related Diuretics**
- 12. **CCBs, Long-acting**
- 13. **Diuretics**
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- 100. **Diuretics**

**Mechanisms of Blood Pressure Regulation and Action Sites of Antihypertensive Drugs**

**Drug Selection for Hypertension with Various Conditions**

Associated conditions	Drug of choice or preferred	Drug contraindicated* or used with caution
<b>Age &gt; 65 years</b>	Thiazide CCB	ARBs, ACE Inhibitors
<b>Minor to moderate hypertension</b>	Thiazide CCB	ARBs, ACE Inhibitors
<b>Physically active</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Diabetes</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Chronic kidney disease</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Heart failure</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Myocardial infarction</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Stroke</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Coronary artery disease</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Peripheral artery disease</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Chronic obstructive pulmonary disease (COPD)</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Acute and chronic kidney disease</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Diabetes mellitus</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperlipidemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperuricemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperkalemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypercalcemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypernatremia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperphosphatemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypertriglyceridemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypercholesterolemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperoxaluria</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperuricemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperkalemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypercalcemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypernatremia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperphosphatemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypertriglyceridemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hypercholesterolemia</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors
<b>Hyperoxaluria</b>	ACE Inhibitors, ARBs, CCBs, Beta-blockers, MRAs	ARBs, ACE Inhibitors

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