

High Blood Pressure Goals & Information

What is hypertension (HTN)?

a fancy medical term for high blood pressure

Normal Blood Pressure

Systolic <120 mmHg and
Diastolic <80mmHg

Prehypertension

>120/80 mmHg

Hypertension

140/90+ mmHg

Blood pressure treatment goals for
hypertensive patients =
<140/90 mmHg

Essential (primary) HTN

The exact cause of this is poorly understood. It may be a combination of genetic background, race, diet, weight gain, and other environmental factors.

Secondary HTN

High blood pressure that may have a specific underlying cause that is different from "essential HTN." Causes include: sleep apnea, CKD, disorders of the adrenal gland, narrowing of kidney arteries, birth control pills, non-steroidal anti-inflammatory medications, etc.

Resistant HTN

Blood pressure that is not at goal despite being treated with 3 medications; one of which has to be a diuretic.

Classes of Anti-Hypertensive (Blood Pressure Lowering) Medications

Medication Type	Naming Convention	Medication Name
Angiotensin Converting Enzyme (ACE) Inhibitors	Generic drug name end in : 'pril	
Angiotensin Receptor Blockers (ARB)	ends in: 'artan	
Direct Renin Inhibitor	"Aliskiren"	
Calcium Channel Blockers (peripheral-acting)	ends in: 'dipine	
Calcium Channel Blockers (AV nodal)		Verapamil; Diltiazem
Beta-Blockers	ends in: 'lol	
Alpha-Blockers	ends in: 'zosin	
Alpha-2 Agonists		Clonidine
Nitrates		Isosorbide
Peripheral Vasodilators		Hydralazine; Minoxidil
Thiazide Diuretics		Hydrochlorothiazide; Chlorthalidone; Indapamide
Loop Diuretics		Furosemide; Bumetanide; Torsemide
Potassium-Sparing Diuretics		Spironolactone; Eplerenone; Amiloride; Triamterene

Why should HTN be treated?

Treatment may help decrease the risk of developing (or worsening) heart disease, stroke, chronic kidney disease, and possibly dementia.

Kidney doctors (nephrologists) are hypertension specialists because the kidney plays a major role in the regulation of blood pressure throughout the body. Your kidney doctor would love to help you bring your blood pressure to goal if you are not there yet.

OKHC Oregon Kidney & Hypertension Clinic