

MANAGEMENT OF ESSENTIAL HYPERTENSION

TREATMENT OF HYPERTENSION FOLLOWS THE ABCD ALGORITHM. PATIENTS ARE STARTED ON ONE MEDICATION WHICH IS THEN MAXED BEFORE MOVING TO A DRUG ON THE OPPOSITE SIDE OF THE EQUATION (eg A → C). THIS CONTINUES UNTIL THE PATIENT'S HYPERTENSION IS MANAGED EFFECTIVELY (140/90 mmHg)

GROUP A – ACE INHIBITORS / ARB'S



ACE INHIBITORS LOWER BLOOD PRESSURE BY INHIBITING THE ACTION OF THE ANGIOTENSIN CONVERTING ENZYME IN THE LUNGS WHICH CONVERTS ANGIOTENSIN I TO ANGIOTENSIN II (A POTENT VASOCONSTRICTOR). ACE ALSO BREAKS DOWN BRADYKININ IN THE LUNGS AND IN SOME PATIENTS THIS RESULTS IN A PERSISTENT DRY COUGH

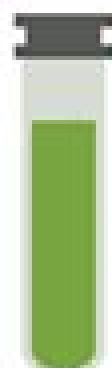


ARB'S (ANGIOTENSIN RECEPTOR BLOCKERS) WORK BY ANTAGONISM OF THE AT₁ RECEPTOR THUS PREVENTING THE ACTION OF ANGIOTENSIN II THUS PREVENTING VASOCONSTRICTION

COMMON ARB'S INCLUDE
LOSARTAN / TELMSARTAN / VALSARTAN / CANDESARTAN

IF THE PATIENT IS < 15 yrs PRESCRIBE ACE INHIBITOR 1ST LINE
IF SIDE EFFECTS DISTURBANCE THEN PRESCRIBE ARB INSTEAD
ACE INHIBITORS CAN CAUSE HYPERKALAEMIA

GROUP B – BETA BLOCKERS



β-BLOCKERS WORK BY BINDING TO A SPECIFIC RECEPTOR AND CAUSING A DECREASE IN THE CONVERSION OF ATP TO cAMP. THIS LEADS TO DECREASED ACTIVATION OF PK-A (PROTEIN KINASE A) WHICH LEADS TO LESS CALCIUM ENTRY INTO THE CELL THUS DECREASING CONTRACTION OF THE SMOOTH MUSCLE CELLS OF THE SYSTEMIC VASCULATURE. BETA BLOCKERS IN ISOLATION DO NOT LOWER BLOOD PRESSURE

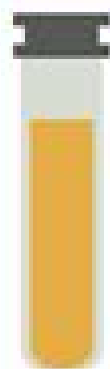
COMMON BETA BLOCKERS INCLUDE
PROPRANOLOL / LABETALOL / BISOPROLOL / ATENOLOL / METOPROLOL

BETA BLOCKERS SHOULD NOT BE GIVEN TO PATIENTS WITH ASTHMA AS THIS CAN LEAD TO BRONCHOSPASM

BETA BLOCKERS ARE CARDIOSELECTIVE

BETA BLOCKERS PREVENT SMOOTH MUSCLE CONTRACTION AND ARE PARTICULARLY USEFUL IN MANAGING PATIENTS WITH INCREASED CHROMATINIC DRAIN (ANXIETY / STRESS) AND IN PATIENTS WHO HAVE INTERFERED TO ACE / ARB THERAPY

GROUP C – CALCIUM CHANNEL BLOCKERS



CALCIUM CHANNEL BLOCKERS (CCB'S) PROMOTE VASODILATION BY PREVENTING CALCIUM FROM ENTERING THE SMOOTH MUSCLE CELL THUS REDUCING CONTRACTION AND CONTRACTILITY. WITHOUT CALCIUM, TROPONIN CANNOT BIND AND LINE ACTIN AND MYOSIN REQUIRED FOR CONTRACTION

COMMON CALCIUM CHANNEL BLOCKERS INCLUDE
NIFEDIPINE / AMLODIPINE / VERAPAMIL

THESE DRUGS ARE CLASSED AS "DILTIAZEM-LIKE"

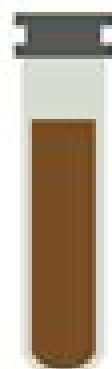
THERE ARE ALSO CALCIUM CHANNEL BLOCKERS WHICH INFLUENCE HEART RATE ALONG WITH SYSTEMIC VASCULAR RESISTANCE. IN THE UK, PRESCRIBABLE RATE LIMITING CCB'S ARE
DILTIAZEM / VERAPAMIL

DILTIAZEM-LIKE CLASS / VERAPAMIL-LIKE CLASS

THESE RATE LIMITING CCB'S ARE NOT INDICATED FOR ESSENTIAL HYPERTENSION AND SO A NON RATE LIMITING CCB (eg. AMLODIPINE) SHOULD BE PRESCRIBED AS FIRST LINE

CALCIUM CHANNEL BLOCKERS ARE FIRST LINE THERAPY FOR PATIENTS > 55 yrs AND ALSO FOR PATIENTS OF AFRICAN OR CARIBBEAN ORIGIN REGARDLESS OF AGE
IF CCB NOT TOLERATED (SWELLING / HEART FAILURE) OFFER THIAZIDE LIKE DIURETIC

GROUP D - DIURETICS



DIURETICS DIFFER IN THEIR MODE OF ACTION (DEPENDING ON WHICH AREA OF THE NEPHRON THEY ACT ON). CURRENT NICE GUIDANCE STATES THAT PATIENTS THAT HAVE BEEN DIAGNOSED WITH HYPERTENSION SHOULD BE PRESCRIBED A THIAZIDE LIKE DIURETIC AS OPPOSED TO A THIAZIDINE THIAZIDE LIKE BENZOTHRADIAZIDE

COMMON THIAZIDE LIKE DIURETICS INCLUDE
INDAPAMIDE / XIPAMIDE / CHLORTHALIDONE / METOLAZONE / CHLORPHTHALIMIDE

THIAZIDE & THIAZIDE LIKE DIURETICS ACT ON THE DISTAL CONVOLUTED TUBULE AND ACT ON THE THIAZIDE SENSITIVE Na/Cl SYMPORTER WHICH PREVENTS REABSORPTION OF SODIUM AND THUS PROMOTES WATER EXCRETION. THE BENZOTHRADIAZIDE GROUP IS THE ACTIVE FUNCTIONAL GROUP IN ALL THIAZIDE DIURETICS

THIAZIDE DIURETICS ARE USUALLY VERY WELL TOLERATED. IF THIS IS A STOP & TREATMENT AND HYPERTENSION NOT CONTROLLED ADD AN ALPHA BLOCKER (eg. DOXASOGON)



Management Of Essential Hypertension

Paul I. Korner



Management Of Essential Hypertension:

Management of Essential Hypertension Francis Gilbert McMahon, 1978 *Management of Essential Hypertension* Francis Gilbert McMahon, 1978 *Essential Hypertension* J. M. Cruickshank, 2012-12 Essential primary Hypertension is the most current concise and practical step by step guide to the diagnosis evaluation and treatment of hypertension This book provides all the knowledge base needed to identify and manage patients with Hypertension 60% of those over the age of 60 suffer from Hypertension a disease which affects hundreds of millions of individuals worldwide This book guides the reader to understanding proper diagnosis treatment *Interventional Therapies for Secondary and Essential Hypertension* Costas Tsioufis, Roland E. Schmieder, Giuseppe Mancina, 2016-08-15 This book aims to describe the role of interventional therapies in various forms of secondary hypertension and to explain the ability of such approaches to address unmet needs in the setting of uncontrolled essential hypertension The coverage encompasses interventions in the full range of relevant conditions including the various specific pathologies responsible for secondary hypertension such as renal artery stenosis coarctation of the aorta and adrenal tumors In each case up to date information is presented on indications procedural aspects and patient follow up A further focus is the most recent knowledge on the use of invasive neuromodulation such as renal sympathetic denervation and baroreflex stimulation The text is supplemented by helpful explanatory diagrams and treatment algorithms A comprehensive clinical guide of this nature has to date been absent from the literature The book will be of interest to clinicians managing hypertensive patients researchers investigating advanced hypertension management and students on cardiovascular courses **Psychological Perspectives of Essential Hypertension** Wolfgang Linden, 1984 Essential Hypertension and Its Causes Paul I. Korner, 2007-05-11 This new account of the pathogenesis of essential hypertension EH represents a detailed analysis of the main components of the circulatory control system The latter's properties resemble those of man made adaptive control systems in which regulatory parameters are altered when operating conditions exceed certain limits often through neural mechanisms Inheritance of EH depends on both genes and environment The high blood pressure BP genes have not yet been definitively identified whilst the main environmental causes are mental stress high dietary salt intake and obesity EH occurs as two major syndromes each initiated by chronic stress 1 Stress and salt related EH and 2 Hypertensive obesity Stress is perceived by the cortex from which increased dopaminergic DA neuron activity stimulates the hypothalamic defense area raising sympathetic neural activity SNA and BP Normally these subside quickly when the stress is over but in those susceptible to EH the DA synapses become sensitized so that the defense response is evoked by ever lower levels of stress Sensitization is common in memory circuits but not in autonomic neurons so that this property in EH may be genetically determined Stress related hypertension increases hypothalamic responsiveness to high salt resulting in further rises in SNA and BP Later non neural functional changes e g reduction in nitric oxide and the structural remodeling of resistance vessels further enhance the vasoconstriction In contrast in those developing hypertensive

obesity food consumption is excessive which transiently alleviates stress related anxiety The brain ignores the leptin mediated signals that normally curb appetite contrasting with normal energy regulation in SSR EH In hypertensive obesity the SNA pattern is similar to that in SSR EH but vasoconstriction is masked by vasodilatation and fluid retention due to hyperinsulinemia This syndrome is a volume overload hypertension where high cardiac output renal impairment and other non neural factors contribute to the elevation of BP Other topics include the role of various transmitters in autonomic regulation the place of baroreflexes in the intact organism why exercise training lowers resting BP obstructive sleep apnea non pharmacological and drug treatment of EH the role of the kidney in EH and in different types of renal hypertension and the pathogenesis of the Japanese spontaneously hypertensive rat which provides a valuable animal model for EH The work suggests that physiological systems analysis in a complex disorder like EH is a valuable tool for using the great advances in molecular biology to best advantage **Management of Essential Hypertension** Francis Gilbert McMahon,1990-01-01

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In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Management Of Essential Hypertension**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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Management Of Essential Hypertension Introduction

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