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Hypertension Canada Guidelines receive international recognition

Hypertension Canada prides itself in being a leader in the prevention and control of high blood pressure, both nationally and abroad. In fact, our dedicated work has resulted in Canadians having the best-controlled blood pressure rates in the world.

That is, in part, due to the impact of the Hypertension Canada Guidelines for the treatment and control of hypertension. To this end, we are very pleased to announce that the 2016 Hypertension Canada guideline on potassium supplementation has recently been lauded in *Circulation*, a well-respected American publication with a readership of more than 22,000.

The guideline explored how an increased consumption of foods naturally rich in potassium and other nutrients is a foundation of the Dietary Approaches to Stop Hypertension – or DASH – diet.

The Hypertension Canada Guidelines are evidence-based, annually updated, and rigorously reviewed to ensure that professionals are well-informed and kept abreast with relevant information about how to best prevent and manage hypertension and its complications.

These most recent Hypertension guidelines represent an important step forward in blood pressure treatment. To learn more about Hypertension Canada's feature, please read the full article [here](#).