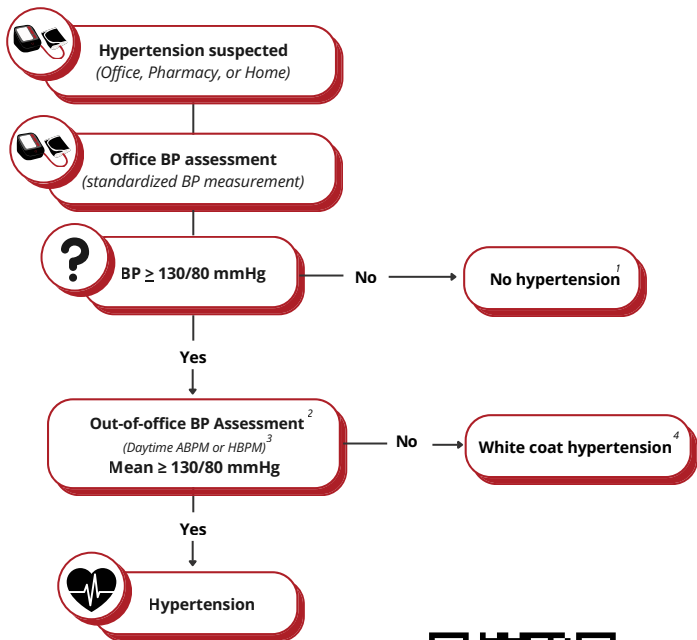


Diagnostic Algorithm



Read more: full diagnostic and
treatment recommendations

Hypertension Diagnosis Established
(BP \geq 130/80 mmHg with out-of-office confirmation)

Target
Systolic BP < 130 mmHg
(Standardized BP measurements)

**BP \geq 140/90 mmHg OR
SBP 130-139 mmHg and high CVD risk**

**SBP 130-139 mmHg and
not high CVD risk**

**Healthy lifestyle changes
&
Pharmacotherapy**

Healthy lifestyle changes

Assess every 1-3 months until BP at target then every 6-12 months

Reassess in 3-6 months

Step 1:
½ Tablet of Irbesartan/HCTZ 300/25 mg daily^{2,3}

Step 2:
1 Tablet of Irbesartan/HCTZ 300/25 mg daily

Step 3:
+ Amlodipine 5 mg daily → 10 mg daily

Step 4:
+ Spironolactone 12.5 mg to 25 mg daily and/or Refer to specialist

*BP < 140/90 mmHg
OR SBP < 130 mmHg
and high CVD risk*

Emphasize healthy lifestyle changes and reassess every 6-12 months

Refer to specialist if concerns for secondary hypertension



Read more: full diagnostic and treatment recommendations