What's New in Outpatient Hypertension: Clinical Pearls from the New 2025 HTN Guidelines

Jan N. Basile, MD, FACP, FASH, FAHA

Professor of Medicine Division of Cardiology Medical University of South Carolina Ralph H Johnson VA Medical Center Previous Vice-Chair of Clinical Programs AHA Council of Hypertension US National Leader SURPASS-CVOT Charleston, SC



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Disclosure

Consultant: Alnylam (Hypertension); Blue Earth Diagnostics; Corcept; Eli Lilly (SURPASS-CVOT); Idorsia (Hypertension); Mineralys; Novo Nordisk; ReCor (Renal Denervation); UpToDate (Hypertension Section)

Research Grant: Corcept; Eli Lilly (TRIUMPH); Sonivie – THRIVE Study

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Objectives

At the conclusion of this presentation the participant will:

- 1. Know How to Properly Take BP Accurately in the office.
- 2. Be able to teach patients how to Self-Measure their own BP at home.
- 3. Understand that Home (Self Measured) or Out of Office BP is a better predictor of CV events than office BP.
- 4. Be familiar with the most recent meta-analysis suggesting that Home BP is as good as 24-hr ABPM in predicting clinical events.
- 5. Be familiar with the proper initial laboratory w/up of HTN and some new additions.
- 6. Be familiar with the controversy over the AHA/ACC definition of HTN and the newer target for BP control of < 130/80 mm Hg.
- 7. Be familiar with the Lifestyle Changes (Non-Pharmacologic Therapies) that are evidence-based for reducing BP.
- 8. Understand how and when to use the new PREVENTTM risk estimator in evaluating the patient with hypertension.
- 9. Be familiar with the recommendations for initial antihypertensive drug therapy in addition to Lifestyle Modification in patients with hypertension.
- 10. Be familiar when to use single-pill fixed-dose combination therapy as initial treatment in patients requiring drug therapy for BP control.

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2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/ NMA/PCNA/SGIM

Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults

A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines

Developed in Collaboration With and Endorsed by American Academy of Physician Associates; American Association of Nurse Practitioners; American College of Clinical Pharmacy; American College of Preventive Medicine; American Geriatrics Society; American Medical Association; American Society of Preventive Cardiology; Association of Black Cardiologists; National Medical Association; Preventive Cardiovascular Nurses Association; and the Society of General Internal Medicine.

2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Published ahead of print August 14, 2025, available at:
Circulation. https://www.ahajournals.org/doi/10.1161/CIR.000000000001356 And Journal of the American College of Cardiology, published online ahead of print August 14, 2025. J Am Coll Cardiol. https://www.jacc.org/doi/10.1016/j.jacc.2025.05.007

Why Are We Committed to Controlling BP?

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Uncontrolled HTN Is Responsible for More Worldwide Death and DALYs Than Any Other CV Risk Factor

High SBP # 1 Worldwide

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Rank	Cause of Death	No. of Deaths in 2021 (95% UI)	No. of DALYs (95% UI)		
1	High SBP	10,800,000 (9,150,000, 12,100,000)	209,000,000 (172,000,000, 236,000,000)		
2	Dietary risks	6,580,000 (2,270,000, 9,520,000)	142,000,000 (45,300,000, 200,000,000)		
3	High LDL-C	3,810,000 (2,170,000, 5,420,000)	86,300,000 (54,100,000, 115,000,000)		
4	Ambient particulate matter pollution	3,130,000 (2,310,000, 3,930,000)	62,500,000 (45,700,000, 78,400,000)		
5	Smoking	2,370,000 (498,000, 4,410,000)	59,600,000 (13,100,000, 107,000,000)		
6	High fasting plasma glucose	2,300,000 (2,030,000, 2,650,000)	41,200,000 (36,600,000, 47,600,000)		
7	High BMI	1,950,000 (1,120,000, 2,910,000)	43,900,000 (23,800,000, 65,400,000)		
8	Kidney dysfunction	1,870,000 (1,440,000, 2,340,000)	38,200,000 (30,700,000, 45,900,000)		
9	Household air pollution from solid fuels	1,610,000 (904,000, 2,820,000)	36,200,000 (21,200,000, 61,100,000)		
10	Lead exposure	1,570,000 (-139,000, 3,170,000)	29,700,000 (-2,780,000, 61,200,000)		
11	Low temperature	1,020,000 (915,000, 1,100,000)	17,700,000 (15,900,000, 19,200,000)		
12	Secondhand smoke	743,000 (297,000, 1,070,000)	16,700,000 (6,870,000, 24,300,000)		
13	High alcohol use	407,000 (179,000, 708,000)	9,260,000 (3,830,000, 16,300,000)		
14	Low physical activity	397,000 (122,000, 684,000)	7,220,000 (2,870,000, 11,500,000)		
15	High temperature	164,000 (114,000, 205,000)	3,440,000 (2,370,000, 4,300,000)		

BMI, body mass index; CV, cardiovascular; DALY, disability-adjusted life-year; HTN, hypertension; LDL-C, low-density lipoprotein cholesterol; SBP, systolic blood pressure; UI, uncertainty interval. Vaduganathan M, et al. J Am Coll Cardiol. 2022;80:2361-2371.

Patient Case

- 58-year-old AA male who feels well comes for his first office visit.
- History: Hypertension for at least 20 years that has always been poorly controlled. Presently on no BP medications.
- He has been tried on several medications but never refills them.
- No hx of smoking, occasional use of alcohol, doesn't abuse the salt shaker but never reads food labels.
- College graduate, he is a middle-school teacher in Berkeley County.
- Family history of hypertension but no family or personal hx of premature ASCVD, heart disease, or kidney disease.
- Married with an 18 year old step-son.
- Office BP: 142/92 mm Hg (average of 3), BMI 29 kg/m², WC = 39".

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CLINICAL PEARL #1

Make Sure The BP Measured is Accurate

"The measurement of BP is likely the clinical procedure of greatest importance that is performed in the sloppiest manner."

—Norman Kaplan, MD Lancet. 2007;370:591

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Accurate Measurement of BP in the Office

COR	LOE	Recommendation for Accurate Measurement of BP in the Office
ı	C-EO	When diagnosing and managing high BP in adults, standardized methods are recommended for the accurate measurement and documentation of in-office BP (Figure 3).

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Figure 3. Checklist for Accurate Office Blood Pressure Measurement

BP indicates blood pressure; DBP, diastolic blood pressure; and SBP, systolic blood pressure.



Office Blood Pressure Measurement

- The patient should avoid caffeine, exercise, and smoking for at least 30 minutes before measurement. Ensure the patient has emptied their bladder.
- 2. Use a blood pressure device that has been validated for accuracy (validatebp.org).
- 3. Use the correct cuff size on a bare arm.
- 4. The patient's arm should be supported at heart level.
- Have the patient relax, sitting in a chair (feet on floor, legs uncrossed, and back supported) for more than 5 minutes of rest.
- 6. Neither the patient nor the clinician should talk during the rest period or during the measurement. The patient should not be using their phone.
- Blood pressure measurement should be taken in a temperature-controlled room.
- 8. Take 2 or more blood pressure measurements at least 1 minute apart. Average the readings, and provide the patient their blood pressure readings both verbally and in writing.

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CLINICAL PEARL #1



Make Sure The BP Measured in the Office is Accurate



CLINICAL PEARL #2

Automated Office Blood Pressure (AOBP)
Readings with an oscillometric device should now be the preferred method for recording BP in routine adult clinical office practice.

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The Promise of Automated Office Blood Pressure (Oscillometric) Monitors



- Upper Arm Reading
- Counts down 5 minutes before the first measurement
- Up to 3 automated sequential stored readings (1 minute apart).
- 'Hide' function that reduces anxiety of patient
- Averages out 3 readings.
- Can be performed <u>unattended</u> or attended
- Used in SPRINT and ACCORD Trials

White, W. B. and Y. A. Anwar (2001). <u>Blood Press Monit</u> 6(2): 107-110.

Original Investigation



February 4, 2019

Comparing Automated Office Blood Pressure Readings (AOBP) With Other Methods of Blood Pressure **Measurement for Identifying Patients With Possible Hypertension**



A Systematic Review and Meta-analysis of 31 articles in 9,279 men and women

AOBP readings should now be the preferred method for recording BP in routine clinical office practice in the adult to identify patients with possible hypertension, with the diagnosis to be confirmed by 24-hour ABPM or home BP1,2

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🍎 📖 Accurate Measurement of In-Office Blood Pressure



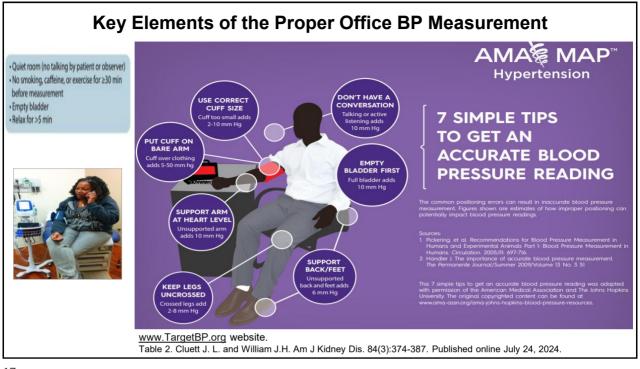
Reco	mmendat	ions for Accurate Measurement of In-Office Blood Pressure	
		1: Strong (Benefit >>> Risk)	П
		2a: Moderate (Benefit >> Risk) certain is reasonable/useful/effective	nty
		2b: Weak (Benefit ≥ Risk), may/might considered, may/might be reasonable	
COR	LOE	Recommendations	

		2. When measuring in-office BP in adults, it is
		reasonable to use the oscillometric method with an
2a	С-ЕО	automated device over the auscultatory method.

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^{1.} Michael Roerecke, PhD; Janusz Kaczorowski, PhD; Martin G. Myers, MD, FRCPC JAMA Intern Med. Published online February 4, 2019. doi:10.1001/jamainternmed.2018.6551

^{2.} Muntner P, Shimbo D, Carey RM et al. Hypertension. 2019 Mar 4 [Epub ahead of print]. Doi:10. 1161/HYP .000000000000000087



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Cuffless Blood Pressure Devices



IXC	Recommendation for Curiess Blood I ressure Devices				
COR	LOE	Recommendation			
3: No Benefit		1.In adults, the use of cuffless BP devices is not recommended for the diagnosis or management of high BP.			

Recommendation for Cuffless Blood Pressure Devices

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CLINICAL PEARL #3

Office Blood Pressure (OBP) measurement should solely be used as a <u>screening</u> method to suggest the diagnosis of hypertension and Out-Of-Office BP measurement (Ambulatory or Home-Self) should be used as a <u>diagnostic</u> method to <u>confirm</u> the diagnosis of hypertension.

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Ambulatory Blood Pressure Monitoring and Home (SELF) Blood Pressure Monitoring

1: Strong (Benefit >>> Risk)

a: Moderate (Benefit >> Risk) certainty is reasonable/useful/effective

2b: Weak (Benefit ≥ Risk), may/might be considered, may/might be reasonable

Recomm	endations for Ambulatory Blood Pressure Monitoring
	and Home Blood Pressure Monitoring

Referenced studies that support the recommendations are summarized in the evidence table.

COR	LOE	Recommendations
		1. In adults with suspected hypertension, out-of-office BP measurements by
1	A	either ABPM or HBPM are recommended to confirm the diagnosis of
		hypertension.
	recommended for monitoring	2. In adults who are <mark>taking antihypertensive medication</mark> , HBPM is
1		recommended for monitoring the titration of BP-lowering medication,
-	A	along with cointerventions such as patient education, telehealth
		counseling, and clinical interventions.

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BP Phenotypes According to Office and Ambulatory (SELF) BP

	Phenotype	Office BP	Ambulatory BP (Home BP)
_	Normotensive	Normal	Normal
→	White-coat hypertension	Hypertensive	Normal
	Ambulatory hypertension	Hypertensive	Hypertensive
→	Masked hypertension	Normal	Hypertensive

Garovic V. et al. Hypertension Feb 2022; Vol 79 Issue 2;pg e21-e41, Supp S1.

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Circulation

AHA POLICY STATEMENT

Self-Measured Blood Pressure Monitoring at Home

A Joint Policy Statement From the American Heart Association and American Medical Association

www.validatebp.org for approved home BP devices

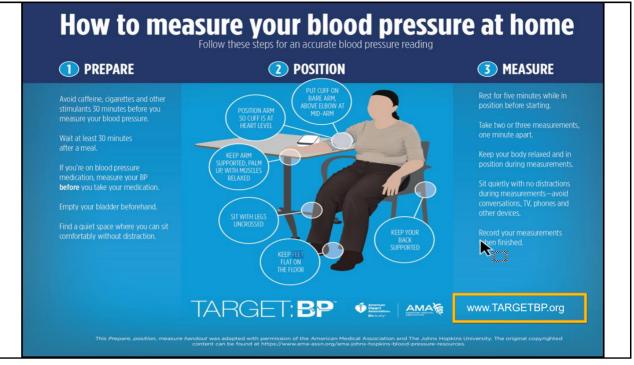
ABSTRACT: The diagnosis and management of hypertension, a common cardiovascular risk factor among the general population, have been based primarily on the measurement of blood pressure (BP) in the office. BP may differ considerably when measured in the office and when measured outside of the office setting, and higher out-of-office BP is associated with increased cardiovascular risk independent of office BP. Self-measured BP monitoring, the measurement of BP by an individual outside of the office at home, is a validated approach for out-of-office BP measurement. Several national and international hypertension guidelines endorse self-measured BP monitoring, indications include the diagnosis of white-coat hypertension and masked hypertension and the identification of white-coat effect and masked uncontrolled hypertension, Other indications include confirming the diagnosis of resistant hypertension and detecting morning hypertension. Validated self-measured BP monitoring devices that use the oscillometric method are preferred, and a standardized BP

Daichi Shimbo, MD, Chair Nancy T. Artinian, PhD, RN, FAHA Jan N. Basile, MD, FAHA Lawrence R. Krakoff, MD, FAHA Karen L. Margolis, MD, MPH

Michael K. Rakotz, MD, FAHA Gregory Wozniak, PhD On behalf of the American

Heart Association and the American Medical Association

Shimbo D., Artinian N, Basile J. et al. Circulation 2020; 142:e42-e63. July 28, 2020.



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American Heart



Home Blood Pressure Monitoring.



Home Blood Pressure Monitoring

Device and blood pressure cuff

Use a blood pressure device that has been validated for accuracy. Check with your clinician or other members of your care team, and the following website for devices: www.validatebp.org.

Use the correct cuff size matched to the size of your arm.

Patient preparation

Avoid smoking, caffeinated beverages, or exercise within 30 minutes before blood pressure measurements.

Positioning of patient and cuff

Place the cuff on a bare arm, and your arm should be supported at heart level.

The bottom of the cuff should be placed directly above the bend of the elbow.

You should relax, and sit in a chair (feet on floor, legs uncrossed, and back supported)

You should relax, and sit in a chair (feet on floor, legs uncrossed, and back supported) for at least 5 minutes.

Blood pressure measurement

While relaxing and measuring your blood pressure, please do not talk, use your phone, or watch TV.

You should take 2 readings 1 min apart twice a day (for a total of 4 readings): 2 readings in the morning after emptying your bladder (urinating) and before taking your medication and eating; and 2 readings at bedtime before sleep.

Check blood pressure for 3 days (minimum) to 7 days (preferred) before your appointment or interaction with your clinician.

Document your daily blood pressure measurements in writing or electronically. Share your readings with the clinician taking care of you.

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Home or Self BP Measurement: Proper Elements for Monitoring of BP

Comments	Basile's Approach
At least 2, measured 30-60 seconds apart	2 readings. 1-minute apart
AM before medications and eating PM before medications, either before dinner or before bedtime	Twice- 1) When first rising 2) Before getting in bed to sleep
At least 12 readings over 3-7 days Some suggest discarding first day	1 week/month Discard first day
Average BP <130/<80	upper arm device
Validated upper arm oscillometric device preferred Wrist devices only in settings of large arm circumferences	www.validatebp.org
	At least 2, measured 30-60 seconds apart AM before medications and eating PM before medications, either before dinner or before bedtime At least 12 readings over 3-7 days Some suggest discarding first day Average BP <130/<80 Validated upper arm oscillometric device preferred Wrist devices only in settings of large

Table 3. Cluett J. L. and William J.H. Am J Kidney Dis. 84(3):374-387. Published online July 24, 2024.

25

Centers for Medicare and Medicaid Services (CMS) Incentives for using SMBP (Self or Home Measured BP):

Coverage & Reimbursement

2020 CPT codes for Self or Home Measured BP

Medicare has coverage for Self or Home Measured BP in the proposed 2020 fee schedule

99473: Education/Training

SMBP using a device validated for clinical accuracy; patient education/training and device calibration

- Can be submitted once
- Staff time = \$11.19 for patient education (in 2024)

99474: Monthly Patient Use

SMBP using a device validated for clinical accuracy; separate self-measurements of two readings, one minute apart, twice daily over a 30-day period (minimum of 12 readings-3 days), collection of data reported by the patient and/or caregiver to the physician or other qualified health <u>care professional</u>, with report of average systolic and diastolic pressures and <u>subsequent</u> communication of a treatment plan to the patient

- Can be submitted monthly
- Provider = \$15.16 monthly for data entered/treatment plan communicated to patient. Will increase the use of telehealth in BP control.



CLINICAL PEARL #4

Out Of Office (Home or Self) BP Measurement Is a Better Predictor of CV Events Than Office BP and at least as good a predictor of risk as 24-hr ABPM

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Prognostic Significance of Home BP and Developing CV Disease

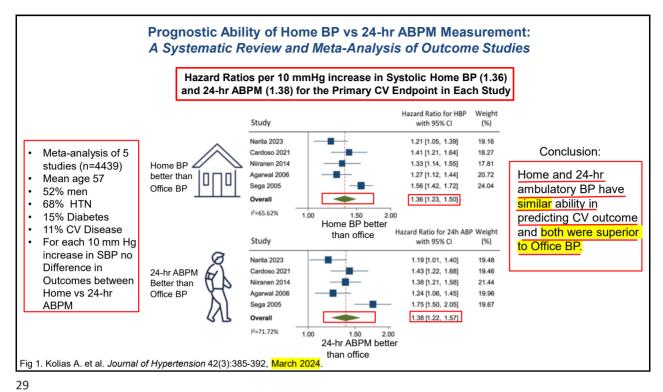
- 4,939 patients with HTN
- Age: 70 ± 6 yrs
- Data: baseline office and 4-day home BP (2 readings/day) taken with Omron 705 CP
- Follow-up: Mean 3.2 yrs

RR

O=office; H=Home; (-)=normal; (+)=high O+(H+ O-/H-O-(H+) O +/H-1.00 1.96 1.18 2.06

· Home BP is more strongly related to target organ damage and CV outcomes than is office BP

Bobrie G et al. *Arch Intern Med.* 2001;161:2205. Bobrie G et al. *JAMA*. 2004;291:1342.



Out-of-Office (Self) Blood Pressure Measurement



- Provides a better risk prediction than office-based monitoring
- Correlates better with the cardiac (LVH) and renal (albuminuria) consequences of hypertension than office readings

Use and Advantages of Out of Office BP:

- Helps identify WCH and Masked Hypertension
- Readings in the early am upon arising and right before bed may reveal patterns in blood pressure and periods when control is inadequate (i.e. Masked UnControlled Hypertension-atenolol when given qam)
- Improves patient adherence
- Reduces costs

Pickering TG, White W. J Clin Hypertens. 2008;10:850-855;

Izzo JL, Sica DA, Black HR, eds, and the Council for High Blood Pressure Research (American Heart Association). *Hypertension Primer: The Essentials of High Blood Pressure*. 4th ed. Philadelphia; 2008:339–342.

ARS Question #1

When Seen, Which of the Following Lab Tests Should Not Have **Been Drawn as an Initial Test for Our Patient with HTN?**

- A. CBC.
- B. Basic Metabolic Panel including sodium, potassium, calcium.
- C. Total Chol, Trig, HDL-C (Lipid panel).
- D. u/a, urine albumin/creatinine, and serum creatinine.
- E. Fasting glucose or A1c and TSH.
- F. All should have been drawn as part of the initial workup.



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CLINICAL PEARL #5

Be Familiar with the Initial Laboratory Tests in the W/Up of the New Patient Diagnosed with **Hypertension**

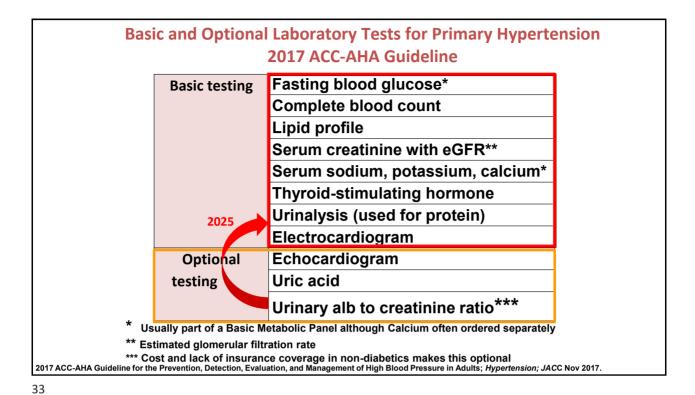


Table 6. Routine 2025 Laboratory Testing for New Diagnosis of HTN



Diagnostic Tests

Complete blood count

Serum sodium, potassium, calcium

Serum creatinine with estimation of glomerular filtration rate (based on the 2021 CKD-EPI Creatinine Equation)

Lipid profile

Fasting blood glucose or Hgb A1C

Thyroid-stimulating hormone

Urinalysis

Urine albumin-to-creatinine ratio; urine protein-to-creatinine ratio

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ECG indicates electrocardiogram.

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ECG



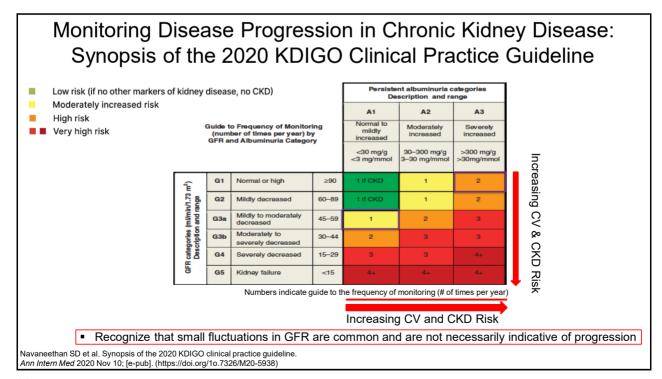


Patient Evaluation, Including Laboratory Tests and Other Diagnostic Procedures

Recommendation for Laboratory Tests and Other Diagnostic				
		Procedures		
COR	LOE	Recommendation		
1	С-ЕО	1. For adults who are diagnosed with hypertension, laboratory tests (ie, complete blood count, serum electrolytes, serum creatinine, lipid profile, glucose or hemoglobin A1c [HbA1c], thyroid-stimulating hormone, urinalysis, and urine albumin-to-creatinine ratio) and diagnostic procedures (12-lead ECG) should be performed to optimize management.		

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Case (Cont.)

His Labs and EKG at that 2 week appt:

EKG-NSR, LVH, otherwise unremarkable.

Labs-Na++ 136, K+ 4.2, CO2-24, Creatinine 0.9, eGFR 82, Total-C 150, LDL-C 79, HDL-C 42, TG-145, A1C 5.2%, TSH 1.8, Ca++ 9.6, AST-18, ALT-16, urine for microalbumin 24 mg/g creatinine platelets 220,00, Fib-4=1.19

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CLINICAL PEARL #6

The Definition of Hypertension Should begin at 130/80 mmHg and the Target for Control Should be < 130 mm Hg, with encouragement in those at increased risk for CVD to achieve a SBP <120 mm Hg to reduce the risk of cardiovascular events and total mortality.

BONUS DIGITAL CONTENT

Practice Guidelines

Blood Pressure Targets in Adults With Hypertension: A Clinical Practice Guideline From the AAFP

Sarah Coles, MD, FAAFP, Colorado Plateau Family and Community Medicine Residency Program, North County HealthCare, Flagstaff, Arizona; University of Arizona College of Medicine, Phoenix, Arizona

Lynn Fisher, MD, FAAFP, University of Kansas School of Medicine, Wichita, Kansas

Kenneth W. Lin, MD, MPH, Lancaster General Hospital Family Medicine Residency Program, Lancaster, Pennsylvania

Corey Lyon, DO, FAAFP, University of Colorado School of Medicine, Denver, Colorado

Alexis A. Vosooney, MD, Allina Health Group, West Saint Paul, Minnesota

Melanie D. Bird, PhD, MSAM, American Academy of Family Physicians, Leawood, Kansas

Am Fam Physician. 2022;106(6):721-722

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TABLE 4 Comparison of Recommended Blood Pressure Targets in Recent Guidelines 60 to 69 years 70 to 79 years Older than 80 18 to 59 years of age (mm Hg) of age (mm Hg) of age (mm Hg) vears (mm Hg) 2022 American Academy of Family Physicians* < 140/90 < 140/90 < 140/90 < 140/90 2022 National Institute for Health and Care Excellence¹³ < 140/90 < 140/90 < 140/90 < 150/90 2021 European Society of Hypertension Council¹⁴ < 130/80+ < 130/80+ < 140/80 < 140/80 < 130/80 < 140/90\$ < 140/90 < 140/90 2020 International Society of Hypertension \$\pmu^{44}\$ 2020 U.S. Department of Veterans Affairs/U.S. Department < 150/90 of Defense||15 < 130/80 < 130/80 < 130/80 < 130/80 2017 American College of Cardiology/American Heart 2017 American College of Physicians and American < 150/90 < 150/90 < 150/90 Academy of Family Physicians¹¹ < 140/90 < 150/90 < 150/90 < 150/90 *—Lower targets are reasonable based on clinical judgment and patient preferences or values ‡-Recommendation is to treat all patients to less than 140/90 mm Hg but states it is optimal to treat persons younger than 65 years and people with coronary artery disease, chronic kidney disease, heart failure, previous stroke, chronic obstructive pulmonary disease, or diabetes mellitus to less than 130/80 mm Hg (less than 140/80 mm Hg in older patients). \$—Recommendation is to transition from target of 130/80 mm Hg to 140/90 mm Hg at 65 years of age ||-A target of less than 140/90 mm Hg is recommended in patients with diabetes ¶—Recommendation is to treat all patients 18 to 59 years of age (including those with diabetes) to a systolic blood pressure target of less than 130 mm Hg. For patients 30 years and older, a diastolic blood pressure target of less than 90 mm Hg is recommended. Information from references 10, 11, 13-16, and 44. Am Fam Physician. 2022;106(6):721-722

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ORIGINAL ARTICLE

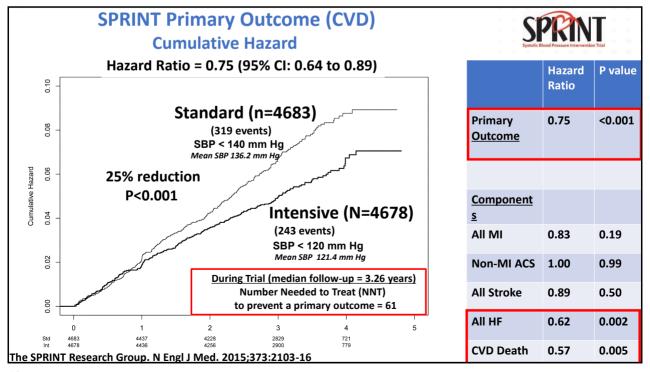
A Randomized Trial of Intensive versus Standard Blood-Pressure Control

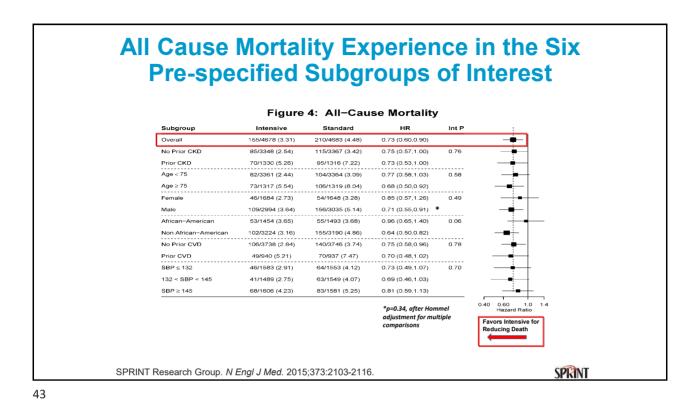
The SPRINT Research Group*

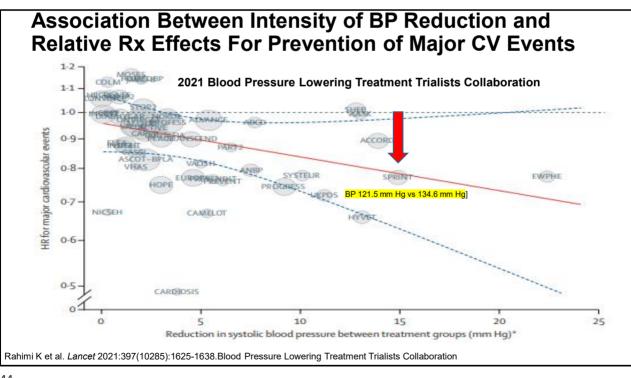
Intensive Group < 120 mm Hg Standard Group < 140 mm Hg

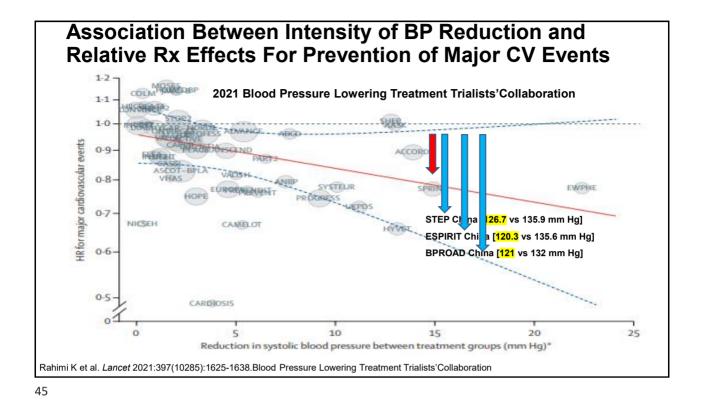
*N Engl J Med 2015;373:2103-16.

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A Systematic Review and Meta-Analysis Suggesting a SBP Target of < 130 mm Hg Favors more Favors less Intensive Intensive Weight, % Randomization to an SBP :130 mm Hg vs ≥130 mm Hg ACCORD, 2010 208/2362 0.88 (0.73-1.06) Reduces the SPS3, 2013 160/1501 188/1519 0.84 (0.68-1.04) 12.3 risks of Major SPRINT, 2015/2021 264/4678 354/4683 0.73 (0.62-0.85) 16.0 CVD and RESPECT, 2019 46/633 59/630 0.76 (0.52-1.12) 5.8 All-Cause STEP, 2021 147/4243 196/4268 0.74 (0.60-0.92) 12.3 Mortality CRHCP, 2023 808/17407 1127/16588 0.67 (0.61-0.73) 20.9 ESPRIT, 2024 547/5624 623/5631 0.88 (0.78-0.99) 18.7 0.78 (0.70-0.87) 100.0 Heterogeneity: $I^2 = 64.5\%$, P = .01Randomization to an SBP <120 mm Hg vs <140 mm Hg Based on a smaller # of ACCORD, 2010 208/2362 237/2371 0.88 (0.73-1.06) 22.8 trials ,these SPRINT, 2015/2021 264/4678 354/4683 0.73 (0.62-0.85) 29.5 Studies also RESPECT, 2019 46/633 59/630 0.76 (0.52-1.12) 6.7 support a ESPRIT, 2024 547/5624 623/5631 0.88 (0.78-0.99) 41.0 SBP target of 0.82 (0.74-0.91) 100.0 Heterogeneity: $I^2 = 27.2\%$, P = .25< 120 mm Hg Hazard ratio (95% CI) Whelton PK et al. Hypertension; Vol 81, Issue 11, Nov 2024. pgs 2329-2339.

2025 AHA/ACC Guideline:



Blood Pressure Goal for Patients With Hypertension



I	Recommendations for Blood Pressure Goal for Patients With Hypertension			
Refe	renced s	tudies that support recommendations are summarized in the evidence table.		
COR	LOE	Recommendations		
1	A	1. In adults with confirmed hypertension who are at increased risk* for CVD, an SBP goal of at least <130 mm Hg, with encouragement to achieve SBP <120 mm Hg, is recommended to reduce the risk of cardiovascular events and total mortality.		
2b	B-NR	2. In adults with confirmed hypertension who are not at increased risk* for CVD, an SBP goal of <130 mm Hg, with encouragement to achieve SBP <120 mm Hg, may be reasonable to reduce risk of further elevation of BP.		
1	B-R	3. In adults with confirmed hypertension who are at increased risk* for CVD, a DBP target of <80 mm Hg is recommended to reduce the risk of cardiovascular events and total mortality.		
2b	B-NR	4. In adults with confirmed hypertension who are not at increased risk* for CVD, a DBP target of <80 mm Hg may be reasonable to reduce the risk of cardiovascular events.		

^{*}Increased risk is defined as a 10-year predicted risk for CVD events of ≥7.5% using the PREVENT risk Calculator

2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Published ahead of print August 14, 2025, available at Circulation: https://www.ahajournals.org/doi/10.1161/CIR.000000000001356

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Patient Case

- After reviewing his lab tests and EKG and with a shared-decision he agrees to try and lower his Systolic BP to < 130 mm Hg.
- He understands that this will involve both lifestyle modification and antihypertensive medications.

ARS Question #2

Which of the Following Lifestyle Modifications Is Not **Recommended Initially for Those with Elevated BP and HTN?**

- A. Weight Loss of at least 5% in those who are either overweight or have obesity.
- The DASH (Dietary Approach to Stop HTN) eating plan. В.
- Reduction of dietary sodium ideally to < 1500 mg/day and the use of potassium-based salt substitutes for those who abuse salt shakers or excess salt in the preparation of their foods.
- D. No more than 1 alcohol drink in women and 2 in men.
- Increased physical activity through either aerobic and/or resistance training.
- Stress Reduction through transcendental meditation or yoga.



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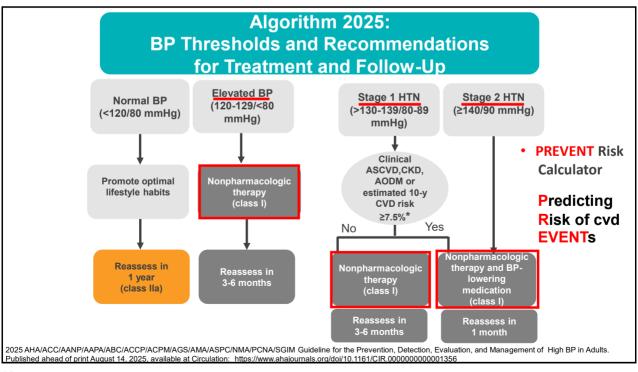


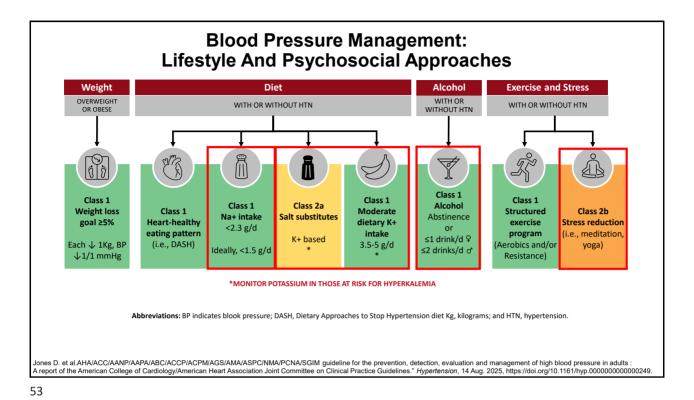
CLINICAL PEARL #7

All patients with elevated BP or hypertension, regardless of risk, benefit from Lifestyle Modification, almost all a Class I and Level of Evidence A recommendation.

				nacologic (Lifest dence- <mark>2017 ACC</mark> /	<u> </u>	
	Goal	Nonpharmacological Interventions		Dose	Systolic BP Impact in Hypertension	Systolic BP Impact in Normotension
	Weight loss	Weight/ body fat	Best goal is ideal body weiExpect about 1 mm Hg for	ght every 1 kg reduction in body weight	-5 mm Hg	-2/3 mm Hg
	Healthy diet	DASH dietary pattern		Consume a diet rich in fruits, vegetables, whole grains and low-fat dairy products with reduced content of saturated and total fat Optimal goal is <1500 mg/day, most Americans 3400 mg/day Aim for at least a 1000 mg/day reduction in most adults		
,	Reduced intake of dietary sodium	Dietary sodium	1 0			
}	Enhanced intake of dietary potassium	Dietary potassium	Aim for 3500-5000 mg/day diet rich in potassium	-4/5 mm Hg	-2 mm Hg	
	Physical activity	Aerobic	90-150 min/week65%-75% heart rate reserve	-5/8 mm Hg	-2/4 mm Hg	
	Physical activity	Dynamic resistance		90-150 min/week; 50%-80% 1 rep maximum 6 exercises, 3 sets/exercise, 10 repetitions/set		-2 mm Hg
	Physical activity	Isometric resistance	 4 x 2 min (hand grip), 1 r maximum voluntary cont 	-5 mm Hg	-4 mm Hg	
	Moderation of alcohol intake	Alcohol consumption Ket al. J Am Coll Cardiol. 2	 ≤1 drink daily for women ≤2 drinks daily for men 	-4 mm Hg	-3 mm Hg	

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2025 AHA/ACC Guideline:

Treatment Starts with Non-Pharmacologic (Lifestyle and Stress Reduction) Management-Almost All with a 1A Level Of Evidence

		Recommendations for Lifestyle and Psychosocial Approaches
Re	ferenced	studies that support the recommendations are summarized in the evidence table.
COR LOE		Recommendations
		Weight
	A	1. In adults who have overweight or obesity, weight loss is recommended with a goal of
1		at least 5% of body weight reduction to prevent or treat elevated BP and HTN.
		Diet and Nutrients
1		2. In adults with or without hypertension, a heart-healthy eating pattern, such as the
1	A	DASH eating plan, is recommended to prevent or treat elevated BP and HTN.
	A	3. In adults with or without hypertension, reduction of dietary sodium intake* is
1		recommended to <2,300 mg/day, moving toward an ideal limit of <1,500 mg/day to
		prevent or treat elevated BP and HTN.

2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Published ahead of print August 14, 2025, available at:

Circulation. https://www.ahajournals.org/doi/10.1161/CIR.000000000001356 And Journal of the American College of Cardiology, published online ahead of print August 14, 2025. J Am Coll Cardiol. https://www.jacc.org/doi/10.1016/j.jacc.2025.05.007

2025 AHA/ACC Guideline:

Treatment Starts with Non-Pharmacologic (Lifestyle and Stress Reduction)

Management-Almost All with a 1A Level Of Evidence

Diet and Nutrients



- 4. In adults with or without hypertension, potassium-based salt substitutes† can be useful to prevent or treat elevated BP and hypertension, particularly for patients in whom salt intake is related mostly to food preparation or flavoring at home, except in the presence of CKD or use of drugs that reduce potassium excretion where monitoring of serum potassium levels is indicated‡.
- 5. In adults with elevated BP or hypertension, moderate potassium supplementation, ideally from dietary sources, is recommended to prevent or treat elevated BP and hypertension, except in the presence of CKD or use of drugs that reduce potassium excretion where monitoring of serum potassium levels is indicated.:

†This recommendation refers to potassium-based salt substitutes, which typically contain 25% to 30% potassium chloride, 65% to 75% sodium chloride, and 0% to 10% flavoring agents. Products that refer to themselves as "salt substitutes" that do not contain potassium chloride as a substitute for sodium chloride have unknown effects on BP.

‡Drugs that reduce potassium excretion include: potassium-sparing diuretics (eg, amiloride, triamterene), mineralocorticoid receptor antagonists (eg, spironolactone, eplerenone, finerenone), angiotensin-converting enzyme inhibitors (eg, captopril, enalapril, lisinopril, benazepril, and others), angiotensin receptor blockers (eg, losartan, valsartan, candesartan, telmisartan, and others), and some immunosuppressive agents (eg, cyclosporine, tacrolimus).

Moderate potassium supplementation is <80 mmol/day (<80 mEq/day).

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Fresh Fruits



FRUIT	Serving	K(mEd	1)
Blueberries, raw	1/2 cup	1.7	
Grapes	10	2.4	
Pineapple, raw	1/2 cup	2.9	
Plum	1	2.9	
Strawberries	1/2 cup	3.2	
Cherries, sweet, raw	10	3.9	
Apple	1 medium	4.1	
Peach	1	4.4	
Peaches, canned	1/2 cup	4.1	
Pear	1	5.3	
Orange	1	6.1	
Banana	1 medium	11.6	
Raisins	1/4 cup	14.2	
Watermelon	1/8	14.4	
Avocado	1/2	15.4	
Grapefruit	1/2	21.2	
Cantaloupe	1/2	21.2	♥
			Highest

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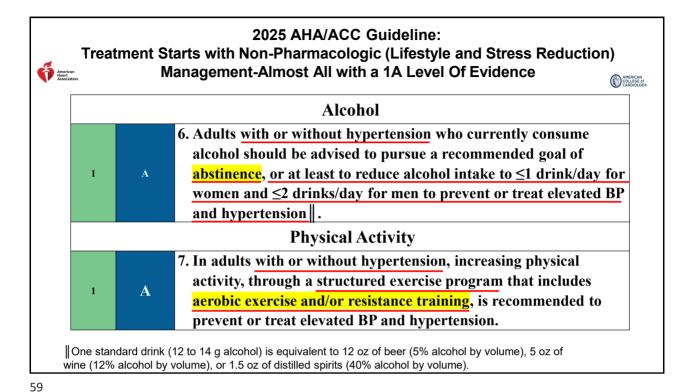
Foods Rich in Potassium

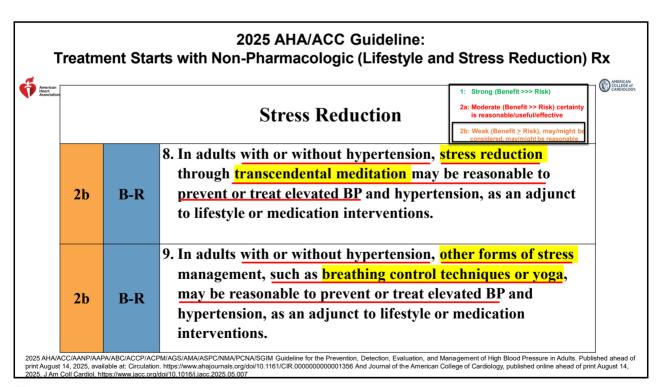
Fruits-Raisins, Prunes, Apricots, Dates, Strawberries, Bananas, Watermelon, Cantaloupe, Citrus Fruits

Vegetables-Beets, Greens, Spinach, Tomatoes, Mushrooms, Peas, Beans

Fish-Salmon, Cod

Soy products, Veggie Burgers, Turkey, Beef







CLINICAL PEARL #8

The PREVENT Risk Estimator should be used in the primary prevention of those hypertensives $\underline{w/o}$ underlying \underline{CVD} , diabetes, or \underline{CKD} to predict their 10-year risk of CV disease. This allows us to decide which patients need lifestyle modification (LM) alone (< 7.5% risk) or LM with antihypertensive medications (any of the above 3 conditions or $\geq 7.5\%$ risk using the PREVENT risk estimator).

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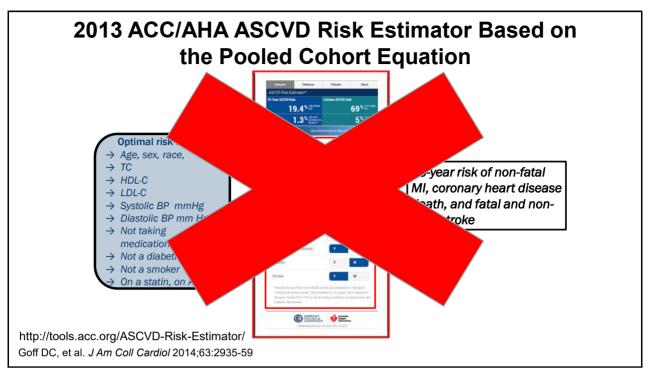
Optimal risk factors

- \rightarrow Age, sex, race,
- \rightarrow TC
- → HDL-C
- → LDL-C
- → Systolic BP mmHg
- → Diastolic BP mm Hg
- → Not taking medications for HTN
- → Not a diabetic
- → Not a smoker
- On a statin, on ASA

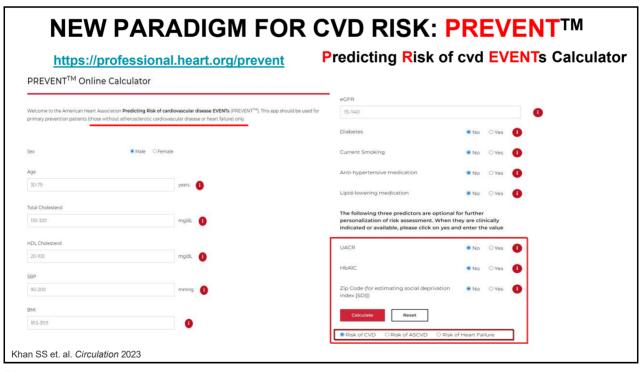


10-year risk of non-fatal MI, coronary heart disease death, and fatal and nonfatal stroke

http://tools.acc.org/ASCVD-Risk-Estimator/
Goff DC. et al. *J Am Coll Cardiol* 2014:63:2935-59



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NEW PARADIGM FOR CVD RISK: PREVENT™

Figure 4. Key Takeaways of the AHA PREVENT Equations

- 1. Include a large, contemporary, and diverse sample of US adults for derivation and external validation
- Predict the risk of total or global CVD as a composite of atherosclerotic cardiovascular disease and heart failure as well as for each CVD subtype separately
- 3. Broaden the outcome to include prediction of heart failure
- 4. Remove race from risk prediction acknowledging that race is a social construct and not a biological predictor
- 5. Lower the age to begin risk prediction as early as age 30 years and capture a greater proportion of the adult life course
- 6. Provide risk estimates for CVD over a 10-year and 30-year time span
- 7. Offer optional models that incorporate add-on measures of kidney and metabolic health when indicated given the growing burden of cardiovascular-kidney-metabolic (CKM) syndrome
- 8. Include a measure of place-based social disadvantage (social deprivation index [SDI]) to acknowledge the role of social determinants of health in cardiovascular disease risk

Predicting
Risk of CVD
EVENTs

Khan SS et. al. Circulation 2023

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American Heart

2025 AHA/ACC Guideline:

Blood Pressure Treatment Threshold and the Use of CVD Risk Estimation to Guide Drug Treatment of Hypertension



1 B-R

7. In adults with hypertension without clinical CVD and with estimated 10-year CVD risk <7.5% based on PREVENT*, initiation of medications to lower BP is recommended if average SBP remains ≥130 mm Hg after a 3- to 6-month trial of lifestyle intervention to prevent

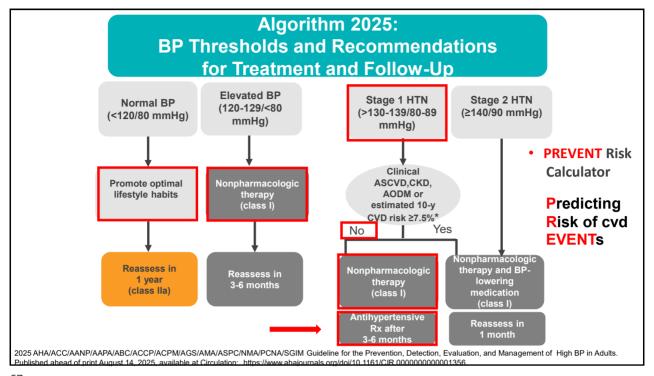
target organ damage and mitigate further rise in BP.

*Predicting Risk of CVD EVENTs

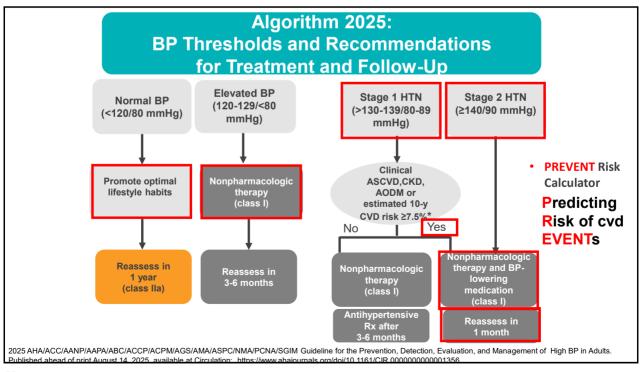
B-R

8. In adults with hypertension without clinical CVD and with estimated 10-year CVD risk <7.5% based on PREVENT*, initiation of medications to lower BP is recommended if average DBP ≥80 mm Hg after a 3- to 6-month trial of lifestyle intervention to prevent target organ damage and mitigate further rise in BP.

2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Published ahead of print August 14, 2025, available at Circulation: https://www.ahajournals.org/doi/10.1161/CIR.000000000001356



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CLINICAL PEARL #9

For Adults in whom you initiate Antihypertensive Drug Therapy, the first three drug classes chosen to control BP should be a thiazide-type diuretic (D), long-acting dihydropyridine CCB, or an ACE or an ARB but not both to prevent CVD.

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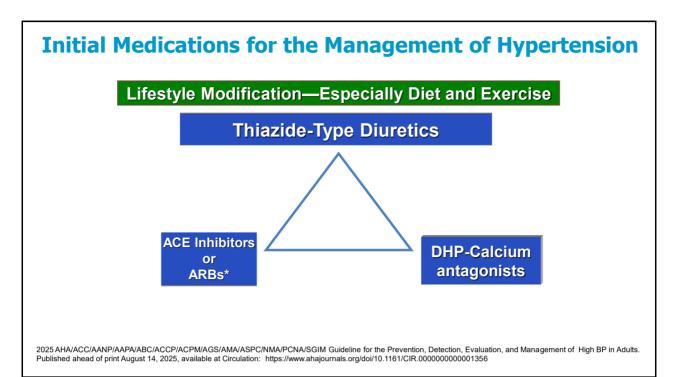
Initial Medication Selection for Treatment of Primary Hypertension

Recommendation for Initial Medication Selection for Treatment of Primary Hypertension

Referenced studies that support the recommendation are summarized in the evidence table.

COR	LOE	Recommendation
1	A	1. For adults initiating antihypertensive drug therapy, thiazide-type diuretics, long-acting dihydropyridine CCB, and ACEi or ARB are recommended as first-line therapy to prevent CVD.

2025 AHA/ACC/AANP/AAPA/ABC/ACCP/ACPM/AGS/AMA/ASPC/NMA/PCNA/SGIM Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. Published ahead of print August 14, 2025, available at Circulation: https://www.ahajournals.org/doi/10.1161/CIR.000000000001356



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Patient Case (Cont.)

- At that 2 week visit, his home BPs taken twice, a minute apart, in both the morning and the evening for the week before his appt, with the first day not averaged, showed no difference between BP's after first getting up and BP's at bedtime. The BP weekly average was 144/96 mm Hg.
- Meds: still on none.
- Exam-unremarkable except for arteriolar narrowing on his eyeground exam.
- He is reminded of non-pharmacologic measures (read labels, low sodium, increase fruits and vegetables, stop alcohol).

ARS Question #3 What Would You Do About Antihypertensive **Medication at This Time?**

- A. Just continue with Lifestyle Modification (LM) for at least another month.
- B. Continue LM and add Hctz 12.5 mg gam.
- C. Continue LM and add Chlorthalidone 12.5 mg gam
- D. Continue LM and add Amlodipine 5 mg gam.
- E. Continue LM and add Telmisartan 40 mg gam..
- F. Continue LM and add Benazepril 20/amlodipine 5 (generic Lotrel).



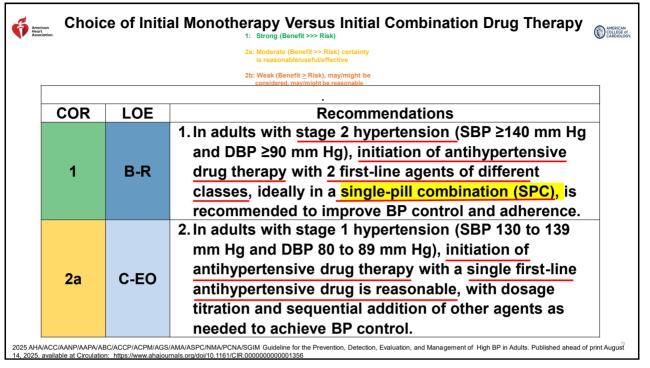
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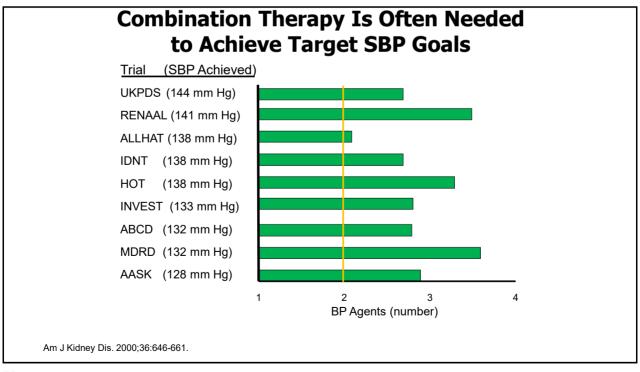


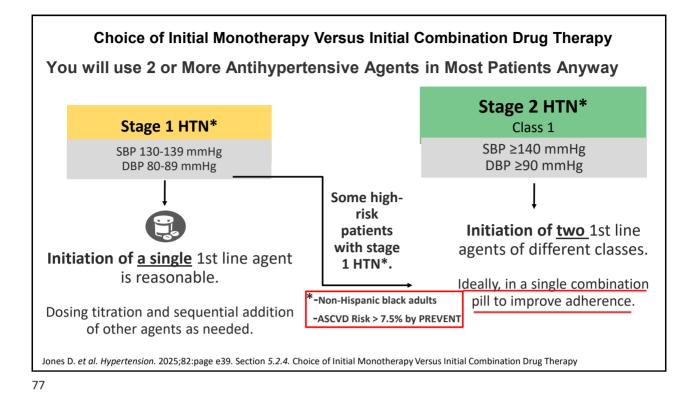
CLINICAL PEARL #10

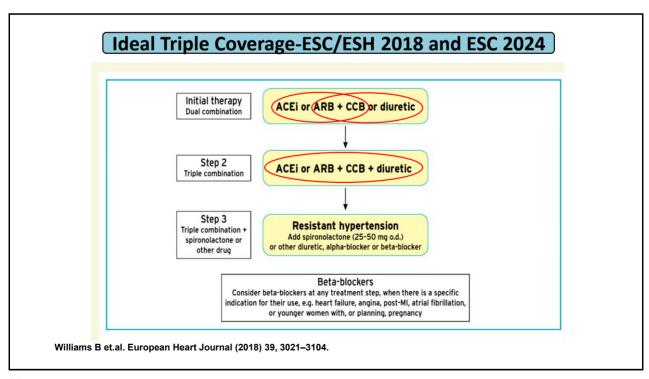
-Fixed-dose, single-pill combination antihypertensive agents are strongly encouraged as initial therapy in those with Stage 2 Hypertension (> 140/90 mm Hg).



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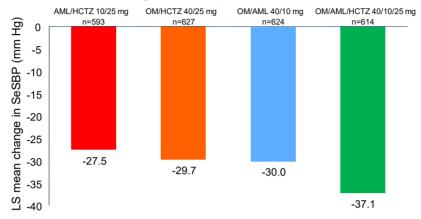






Dual vs Triple Fixed-Dose Combination in Lowering SBP





The Full Analysis Set includes subjects who received at least 1 dose of study medication and had baseline and at least 1 post-dose $assessment of Se \ DBP; \ Baseline \ SeSBP = 168.0-169.0 \ ; P<0.0001 \ for \ change \ from \ baseline \ for \ all \ groups; P<0.0001 \ for \ all \ dual \ for \ all \ groups; P<0.0001 \ for \ all \ groups; P<0.0001$ combinations vs triple combination; LS mean, least squares mean; SEM, standard error of mean

Oparil S. et al. Clinical Therapeutics 2010; 32(7): 1252-1269

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Improved Adherence with SPC's

			•	-
Study*	Design	SPC, N	FEC, N	[†] PDC SPC vs. FEC, <i>p</i> -value
Ah, et al	RetroDB	20,175	20,175	80% vs. 70%, p < 0.01
Breitscheidel, et al	RertroDB	45,511	26,172	78.1% vs. 71.5%, p < 0.0001
Degli Esposti, et al	RetroCoh	302	791	79.8% vs. 70.9%, p < 0.01
Dickson, et al	RetroCoh	2336	3368	63.4% vs. 49%, p < 0.0001
Hess, et al	RetroCoh	7225	7224	76.9% vs. 54.4%, p < 0.001
Ho, et al	RetroDB	13,176	4392	58% vs 47%, p < 0.001
Hsu, et al	RetroDB	5725	1623	42.1% vs 32.4%, p < 0.001
Jin-Young, et al	RetroOB	757	707	MPR > 80%: 91.9% vs. 88.9%, NS
Koval, et al	RandPG	39	36	87% vs. 61%, p < 0.05
Machniki, et al	RetroDB	1884	1884	70.0% vs. 60.6%, p < 0.0001
Marazzi, et al	RanPro	154	152	94% vs. 85%, $p = 0.034$
Schweizer, et al	NRPro	197	138	100% vs. 92%, p=NS
Tung, et al	RetroDB	1136	4544	PDC \geq 80%: 65.0% vs. 56.9%, $p < 0.001$
Yang, et al	RetroDB	382,476	197,375	72.8% vs. 61.3% (11.6% [11.4–11.7])

Adapted from Parati. et al. Hypertension 2021;77(2):692-705

Twhen only medication possess ratio (MPR) provided, MPR multiplied \times 100 and expressed as percent to approximate proportion of days covered (PDC).

SPC: single-pill combinations: [FEC: free equivalent combinations:] RetroDB: retrospective database design; RetroCor: retrospective cohort; RetroOb: retrospective observational; RanPro: randomised, prospective; NRPro: non-randomised prospective; P = NS: not significant or not provided.

Table 1. Egan, B.M. Et al. Blood Pressure, 31:1, pg 164-168. 2022

Hypertension

ORIGINAL ARTICLE

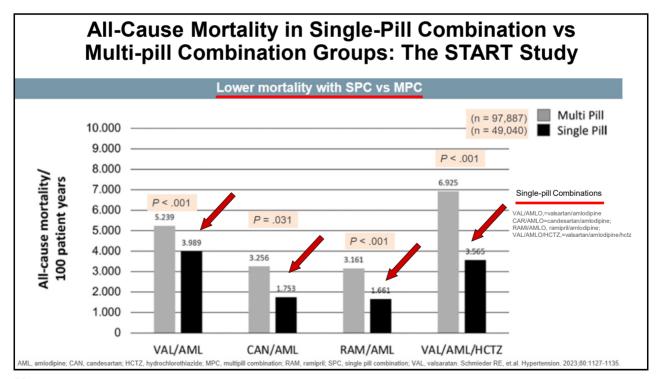


Improved Persistence to Medication, Decreased Cardiovascular Events and Reduced All-Cause Mortality in Hypertensive Patients With Use of Single-Pill Combinations: Results From the START-Study

Roland E. Schmieder¹, Sven Wassmann, Hans-Georg Predel, Burkhard Weisser, Jörg Blettenberg¹, Anton Gillessen, Olaf Randerath¹, Antie Mevius¹, Thomas Wilke, Michael Böhm¹

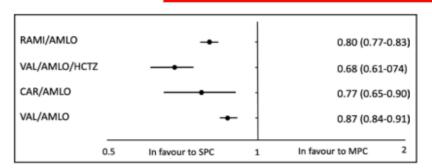
(Hypertension. 2023;80:1127-1135. DOI: 10.1161/HYPERTENSIONAHA.122.20810.)

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Reduced All-Cause Hospitalization and All-Cause Mortality in the SPC vs MPC Groups in Patients with HTN

Results for the composite outcome of All-Cause Hospitalization and All-Cause Death



Comparisons are done between matched SPC (Single-Pill Combinations) versus MPC (Multiple Pill Combinations) cohorts...

RAMI/AMI O ramipril/amlodipine: VAL/AMLO/HCTZ,=valsartan/amlodipine/hydrochlorothiazide CAR/AMLO=candesartan/amlodipine; VAL/AMLO,=valsartan/amlodipine

Fig 3. Schmieder RE et al. Hypertension May.2023;80:1127-1135

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DRUG COMBINATIONS IN HYPERTENSION: RECOMMENDATIONS

Preferred

- ACE inhibitor/diuretic*
- ARB/diuretic*
- ACE inhibitor/CCB*
- ARB/CCB*

*Single Pill Combinations available in the US

Acceptable

- Beta blocker/diuretic*
- CCB (dihydropyridine)/β-blocker
- CCB/diuretic
- Direct Renin inhibitor/diuretic
- Direct Renin inhibitor/ARB
- Thiazide diuretics/K+ sparing diuretics*

Unacceptable

- ACE inhibitor/ARB
- ACE inhibitor/β-blocker
- ARB/β-blocker
- CCB (nondihydropyridine)/β-blocker
- Centrally acting agent/β-blocker

*Good Rx 30 days 9/30/25

"Ideal" Combinations Available **

Benazepril 40 mg/Amlodipine 10 mg \$14.48 (30)-Sam's Club

Spironolactone 25/HCTZ 25 \$29.23 (30)-Sam's Club

Gradman AH, Basile JN, Carter BL, Bakris GL; American Society of Hypertension Writing Group. J Am Soc Hypertens. 2010;4:42-50. **Basile Personal Communication-Good Rx site 9/30//25, Sam's Club

Available Single-Pill Antihypertensive Combinations in Canada and Associated Costs

Single-pill combinations	Cost for 30 days of combination pills, \$Can*	Cost for 30 days of the individual drug equivalents, \$Can*
ARB + thiazide or thiazide-like diuretic		
Irbesartan-hydrochlorothiazide	6.55	7.31
Telmisartan-hydrochlorothiazide	6.29	6.95
Olmesartan-hydrochlorothiazide	8.12	8.76
Candesartan-hydrochlorothiazide	7.33	7.25
ACEI + thiazide or thiazide-like diuretic		
Lisinopril-hydrochlorothiazide	7.51	6.31
Perindopril-indapamide	8.58	12.04
ARB + long-acting dihydropyridine CCB		
Telmisartan-amlodipine	16.42	12.47

Note: ACEI = angiotensin-converting enzyme inhibitor, ARB = angiotensin II receptor blocker, CCB = calcium channel blocker.

*Drug costs obtained from https://www.ramq.gouv.qc.ca/fr, https://www.formulary.health.gov.on.ca/formulary/land https://pharmacareformularysearch.gov.bc.ca/garcesed/2025.pdb.53

Goupil R. et al. Canadian Medical Assoc Journal 2025 May 26;197:E549-564.doi:10.1403/cmaj.241770

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Case (Cont.)

- He returns in 1 month for follow-up.
- Meds: He brings his benazepril/hctz bottle which he states he is taking.
- Home BPs taken for the week before his return now average 128/82 mm Hg.
- We are happy with his BP and he is instructed to call the office if his home BPs do not continue to be < 130/80 at his appt in 3 months.
- Based on his BPs at home over the next 2 months we may increase his single pill fixed-dose combination agent to 40/25 mg or continue what he is doing at 20 benazepril/12.5 amlodipine mg daily in an effort to get closer to < 120/80 mm Hg.

Summary of HTN in 2025

- Proper measurement of BP is important when treating hypertension.
- Automated Oscillometric Blood Pressure Readings (AOBP) should now be the preferred method for recording BP in routine clinical adult office practice.
- Out of Office (Home or Self) measurement should be used to both confirm the diagnosis of hypertension and for decisions on how best to treat hypertension.
- Out of office (Home or Self) BP measurement is a better predictor of CV events than office BP, and home BP is at least as good as a 24-hr ABPM in predicting CV risk.
- Do a spot urine alb/creat and A1C in the initial evaluation of the patient with HTN and consider plasma renin /aldosterone levels sooner in the workup.

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Summary of HTN 2025 (Con't)

- Patients with HTN, regardless of risk, benefit from Lifestyle Modification (LM) and abstaining from alcohol while striving for stress reduction in their lives.
- A transition to using the PREVENT risk calculator should be adopted.
- For low-risk patients whose PREVENT risk is < 7.5% with a BP < 140/90 mm Hg and no evidence of AODM, CKD, or ASCVD, LM for the first 3-6 months is recommended after which antihypertensive drug therapy should be used.</p>
- In adults with confirmed hypertension who are at increased risk for CVD, a BP goal of at least <130/80 mm Hg, with encouragement to achieve a BP < 120/80 mm Hg is recommended to reduce the risk of CV events and total mortality.

Summary of HTN 2025 (Con't)

- The first three drug classes chosen to control BP and reduce CVD should be a thiazide-type diuretic (D), a dihydropyridine CCB, or an ACE or ARB but not both, and in no specific order. B-blockers do not protect against stroke and are not recommended as one of the first 3 drug classes to reduce CVD for the control of BP.
- Fixed-dose, single-pill combination antihypertensive agents are strongly encouraged as initial drug therapy in high-risk stage 1 patients and in all patients with Stage 2 HTN (> 140/90 mm Hg).