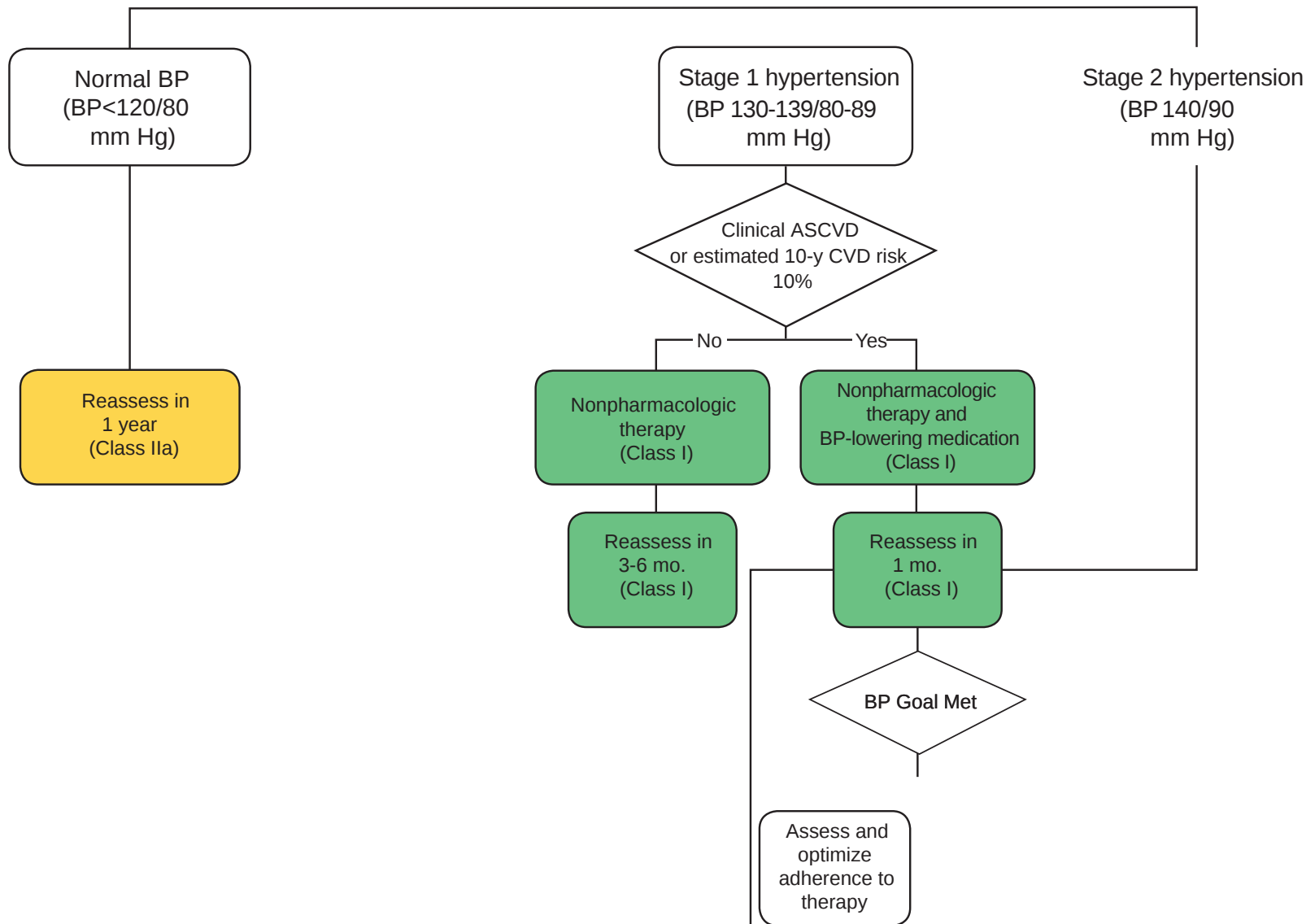


REFERENCES

Diagnosing and Managing Hypertension in Adults

Nearly half of American adults have high blood pressure, but you can make a difference.

BP thresholds and recommendations for treatment and follow-up



REASSESSMENT
CHECKLIST

- ☐ Measure BP
- ☐ Identify white-coat hypertension or a white-coat effect
- ☐ Document adherence to treatment
- ☐ Reinforce importance of treatment
- ☐ Assist with treatment to achieve BP target
- ☐ Evaluate for orthostatic hypotension in select patients (eg, older or with postural symptoms)
- ☐ Talk to your patients about substances that should be avoided, limited or stopped to help maintain a healthy BP.