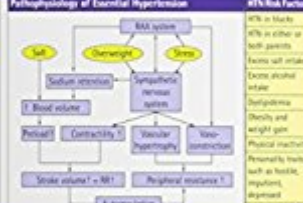


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Hypertension Pocketcard Set 2014

Hypertension pocketcard Set		
Causes of Hypertension		
Primary (essential, idiopathic) Hypertension		
No identifiable cause. 95% of hypertensive patients, often develops gradually over years.		
Secondary Hypertension^{1,2}		
Renal disease	Endocrine disease	Pharmacologic
- Polycystic kidneys - Renal parenchymal disease - Nephrotic syndrome - Nephritic syndrome - Chronic renal failure	- Endocrine disorders - Hyperthyroidism - Primary aldosteronism - Parathyroid disease - Excess of the adrenal cortex - Pheochromocytoma - Adrenocortical carcinoma - Acromegaly	- Thiazide diuretics - Calcium channel blockers - Stimulants - Oral contraceptives - Other vasoactive drugs - Neuroleptics - Alcohol - Acute pain
Pathophysiology of Essential Hypertension		
		
Goals of Treating Hypertension, JNC 8³		
Population	Goal BP, mmHg	Initial Drug Treatment Options
General <60 y	<130/80	Thiazide-like diuretic, ACEi, or ARB, or CCB, alone or in combination ⁴
General ≥60 y	<140/80	Thiazide-like diuretic, ACEi, or ARB, or CCB, alone or in combination ⁴
Diabetics	<130/80	ACEi or ARB ⁵
CKD	<130/80	ACEi or ARB ⁶
Goals of Treating Hypertension, CASH⁷		
Black, lower risk	<135/85	Thiazide or CCB
Target organ damage or CVD risk	<130/80	-



Book Information

Paperback: 4 pages

Publisher: Borm Bruckmeier Publishing LLC; 2 Rfc Crds edition (September 2014)

Language: English

ISBN-10: 1591035074

ISBN-13: 978-1591035077

Product Dimensions: 0.1 x 3.8 x 7.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 7 customer reviews

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great resource

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Great Card especially when you are doing clinic or residence to help you remember drugs, grades etc

Pocket size - great

Great pocket reference for clinical.

Helpful

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