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community with some strict rules.

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JNC 8 Hypertension Guideline Algorithm

Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet Eat healthy (i.e., DASH diet) Moderate alcohol consumption Reduce sodium intake to no more than 2,400 mg/day

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- Physical activity Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

JNC 8 Hypertension Guideline Algorithm Initial Drugs of ...

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Jnc 8 Quick Card Guide - Mechanical Engineering

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THE EIGHTH JOINT NATIONAL COMMITTEE (JNC 8) The new guideline has simplified the treatment of hypertension. Patients are categorized according to age and the presence of diabetes (DM) or/and chronic kidney disease (CKD). Definitions of hypertension and prehypertension are not addressed, but thresholds for

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pharmacologic treatment are ...

HYPERTENSION GUIDELINES

As in JNC 7, the JNC 8 guidelines also recommend lifestyle changes as an important component of therapy.

Lifestyle interventions include use of the Dietary Approaches to Stop Hypertension (DASH) eating plan, weight

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loss, reduction in sodium intake to less than 2.4 grams per day, and at least 30 minutes of aerobic activity most days of the week.

The JNC 8 Hypertension Guidelines: An In-Depth Guide

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Guidelines for Management of High Blood Pressure in Adults In 2014, panel members of the Eighth Joint National Committee published the results of their

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evidence review and deliberations about the prevention, detection, evaluation, and treatment of high blood pressure.

Explore JNC 8 Hypertension Guidelines from JAMA Network

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recommendations from panel members previously appointed to the Eight Joint National Committee (JNC 8) raised blood pressure goals in adults age 60 and older to less than 150/90 mm Hg, with patients younger than 60 years old (including those with chronic kidney disease and diabetes) having a target of less than 140/90 mm Hg.

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JNC 8 New Guideline Hypertension Chart - Pharmacy Exam

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members appointed to the Eighth Joint National Committee (JNC 8).

Jnc 8 Quick Card Guide - nsaidalliance.com

The Eighth Joint National Committee (JNC 8) recently released evidence-based recommendations on treatment thresholds, goals, and medications in the

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management of hypertension in adults.

JNC 8 Guidelines for the Management of ... - AAFP Home

JNC8 Hypertension Guidelines Booklet (pdf version of the laminated card) JNC 8 Guidelines for the Management of Hypertension in Adults, reviewed on AAFP

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JNC 8 Hypertension Guidelines | Time of Care

Committee (JNC 8). JAMA 2013 Dec 18. doi: 10.1001/jama.2013.284427. [Epub ahead of print]. 2. Weber MA, Schiffrin EL, White WB, et al. Clinical practice guidelines for the management of hypertension in the community: a

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statement by the American Society of Hypertension and the International Society of Hypertension. J Clin

Treatment of Hypertension: JNC 8 and More

Reference Card From the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation,

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and Treatment of High Blood Pressure
(JNC 7) EVALUATION Classification of
Blood Pressure (BP)* Category SBP
mmHg DBP mmHg Normal <120 and
<80 Prehypertension 120-139 or 80-89
Hypertension, Stage 1 140-159 or 90-99

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