## **Contents**

1.	Introduction	1
2.	Definition and classification of hypertension  2.1 Definition 2.1.1 Operational definition of hypertension 2.1.2 Definition of hypertension based on diastolic and/or systolic blood pressure 2.1.3 Hypertension and total cardiovascular risk  2.2 Blood pressure measurement	2 2 2 2 3 4
	2.2.1 Devices and methods 2.2.2 Clinic or office blood pressure measurement 2.2.3 Home and ambulatory blood pressure measurements	4 6 6 7
	2.3 Classification of hypertension 2.3.1 Blood pressure 2.3.2 Organ damage 2.3.3 Etiology	7 7 8 10
3.	Epidemiology of high blood pressure  3.1 High blood pressure as a risk factor  3.2 Factors influencing blood pressure  3.2.1 Age  3.2.2 Sex  3.2.3 Ethnicity  3.2.4 Socioeconomic status  3.3 The prevalence of hypertension  3.4 Risk factors and predictors of high blood pressure  3.4.1 Heredity  3.4.2 Genetic factors  3.4.3 Early life  3.4.4 Other predictors in children  3.4.5 Body weight  3.4.6 Central obesity and the metabolic syndrome  3.4.7 Nutritional factors  3.4.8 Alcohol  3.4.9 Physical activity  3.4.10 Heart rate  3.4.11 Psychosocial factors  3.4.12 Environmental factors	10 10 13 13 14 14 15 16 16 17 17 17 18 18 19 19 20 20
4.	Pathophysiology of essential hypertension 4.1 Sympathetic nervous system 4.2 Renal mechanisms 4.3 Renin–angiotensin system 4.4 Structural cardiovascular adaptation 4.5 Hypertension and endothelial dysfunction	20 20 21 21 21 21
5.	Hypertension with identifiable cause 5.1 Hypertension caused by drugs or exogenous substances 5.2 Hypertension caused by organic disease 5.2.1 Coarctation of the aorta and aortitis	22 22 22 22

	<ul> <li>5.2.2 Renal disease</li> <li>5.2.3 Disease of the adrenal cortex</li> <li>5.2.4 Phaeochromocytoma</li> <li>5.3 Hypertensive disease of pregnancy</li> <li>5.4 Peri-operative hypertension</li> </ul>	24 25 26 26 27
6.	Organ damage associated with hypertension	27
	6.1 Heart	27
	6.1.1 Left ventricular hypertrophy	27
	6.1.2 Diastolic function	28
	6.1.3 Large and small coronary arteries	28
	6.1.4 Congestive heart failure	29
	6.2 Brain, retina and carotid arteries 6.2.1 Cerebrovascular disease	29
	6.2.2 Retina	29 30
	6.2.3 Carotid arteries	30
	6.3 The kidney	30
	6.4 Aortic and peripheral artery disease	31
7.	Clinical assessment of the hypertensive patient	31
	7.1 Diagnostic procedures	31
	7.1.1 Goals and methods	31
	7.1.2 Blood pressure measurement	32
	7.1.3 History-taking	33
	7.1.4 Physical examination	33
	7.1.5 Laboratory investigation	33
	7.2 Hypertension in special populations	35
	7.2.1 Children and adolescents 7.2.2 Women	35
	7.2.3 Elderly people	38 41
	7.2.4 Hypertensive patients with diabetes	42
8.	Prevention and control of hypertension in populations	42
	8.1 Rationale	42
	8.2 Prevention of blood pressure elevation	44
	8.3 Detection and treatment of established hypertension	45
	8.4 Measures for controlling hypertension	45
	8.4.1 General measures	45
	8.4.2 Lifestyle measures	46
	8.5 Health policy	49
	8.5.1 Population approach	49
	8.5.2 Individual approach 8.5.3 Components of a hypertension control policy	50 50
	8.6 Research	50 51
	8.6.1 Epidemiological research	51
	8.6.2 Programme research	52
	8.6.3 Evaluation research	52
	Implementation of population-based hypertension control programme	
9.	Management of hypertension	52
	9.1 Goals of treatment	53
	9.2 Lifestyle measures	53
	9.3 Drug treatment	55

9.3.1 Diuretics	55	
9.3.2 β-Blockers	55	
9.3.3 ACE inhibitors	56	
9.3.4 Calcium antagonists	56	
9.3.5 α-Blockers	56	
9.3.6 Other classes of drug	57	
9.3.7 Combination of drugs	57	
9.4 Combination of drug treatment and lifestyle measures	57	
9.5 Management plan	58	
9.5.1 "Mild" hypertension	58	
9.5.2 Moderate and severe hypertension	60	
9.5.3 Resistant hypertension	60	
9.5.4 Hypertensive emergencies	61	
9.6 Follow-up procedures	61	
9.7 Communicating with hypertensive patients	62	
9.7.1 One-to-one communication	62	
9.7.2 Group education	63	
10. Cost-effectiveness	63	
10.1 The individual approach	63	
10.1.1 Diagnosis	63	
10.1.2 Treatment	64	
10.2 The population approach	65	
10.3 Ethical aspects of cost-effectiveness	65	
11. Evaluation of hypertension control in populations	66	
11.1 Rationale	66	
11.2 Hypertension management audit	66	
11.3 Time trends	68	
11.4 Cost of evaluation	69	
12. Conclusions and recommendations	69	
12.1 Overview	69	
12.2 Conclusions	69	
12.3 Recommendations	72	
12.3.1 Policy and management	72	
12.3.2 Research	75	
Acknowledgements		
References	77	