

Treatment in Hypertension: Non-Pharmacologic and Pharmacologic Approach

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Abstract

The goal of hypertension treatment is to lower high blood pressure and protects important organs, like the brain, heart, and kidneys from damage. Many researches revealed that treatment for hypertension has been associated with reductions in stroke (35-40%), heart attack (20-25%), and heart failure (> 50%).

In general, either non-pharmacological or pharmacological approach or both is used to treat hypertension, depends on the initial level of risk. Non-pharmacological approach is all about lifestyle changes, which includes maintain a healthy diet and weight, physical exercise, and reduce sodium and alcohol intake, smoking cessation, etc. It is recommended for all groups of CV risk stratification: low, moderate, high, and very high risk.

Pharmacological approach needs more special medical consideration, e.g. when to initiate drug treatment, blood pressure target treatment, which drug to start, use of combination treatment, etc.

The decision on when to start pharmacological treatment strategies all importantly depends on the initial level of risk. Blood pressure target treatment should consider co-existing diabetic and other associated clinical conditions such as stroke, myocardial infarction, renal dysfunction, and proteinuria. There are conditions favoring use of some antihypertensive drugs versus others. There are also some possible combinations between some classes of antihypertensive that proven to be beneficial in treating hypertension.