

# 2014 Hypertension Guideline Recommendations by Committee Appointed as JNC 8\*

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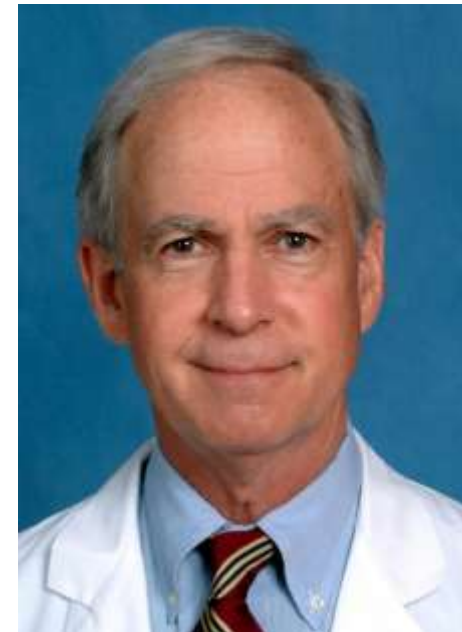
Sidney C. Smith, Jr. MD FACC, FAHA, FESC

Professor of Medicine

University of North Carolina at Chapel Hill

Chair, NHLBI Guideline Executive Committee

Member, Committee Appointed as JNC 8



\* *JAMA*. 2014;311(5):507-520. doi:10.1001/jama.2013.284427  
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# Recommendation 1\*

- In the general population  $\geq 60$  years of age, initiate pharmacologic treatment to lower BP at SBP  $\geq 150$  mm Hg or DBP  $\geq 90$  mm Hg and treat to a goal SBP  $< 150$  mm Hg and goal DBP  $< 90$  mm Hg.
  - Strong Recommendation – Grade A

- Corollary Recommendation: In the general population  $\geq 60$  years of age, if pharmacological treatment for high BP results in lower achieved SBPs (for example,  $< 140$  mm Hg) and treatment is not associated with adverse effects on health or quality of life, treatment does not need to be adjusted.
  - Expert Opinion – Grade E

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# Recommendation 2

- In the general population <60 years of age, initiate pharmacologic treatment to lower BP at DBP  $\geq 90$  mm Hg and treat to a goal DBP <90 mm Hg.
  - For ages 30-59 years, Strong Recommendation – Grade A
  - For ages 18-29 years, Expert Opinion – Grade E

# Recommendation 3

- In the general population <60 years of age, initiate pharmacologic treatment to lower BP at SBP  $\geq 140$  mm Hg and treat to a goal SBP <140 mm Hg.
  - Expert Opinion – Grade E

# 2014 Hypertension Guideline Management Algorithm\*

\* JAMA. 2014;311(5):507-520.  
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