

Hypertension: A discussion of the guidelines

By Daria Napierkowski, DNP, APN, RN, CNE, and Kimberly Buff Prado, DNP, APN, RN

References

1. Centers for Disease Control and Prevention. Heart disease facts. 2017. www.cdc.gov/heartdisease/facts.htm.
2. Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple cause of death, 1999-2017. <http://wonder.cdc.gov/mcd-icd10.html>.
3. Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/AphA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults. A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol*. 2018;71(19):e127-e248.
4. Benjamin EJ, Virani SS, Callaway CW, et al; American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2018;137(12):e67-e492.
5. ACOG Practice Bulletin No. 203: Chronic hypertension in pregnancy. *Obstet Gynecol*. 2019;133(1):e26-e50.
6. Mechanick J, Youdim A, Jones DB, et al. Clinical practice guidelines for the perioperative nutritional, metabolic, and nonsurgical support of the bariatric surgery patient—2013 update: cosponsored by American Association of Clinical Endocrinologists, The Obesity Society, and American Society for Metabolic & Bariatric Surgery. *Obesity*. 2013;21(suppl 1):S1-S27.
7. Chiu S, Bergeron N, Williams PT, et al. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. *Am J Clin Nutr*. 2016;103(2):341-347.
8. Rodrigues SL, Baldo MP, Machado RC, et al. High potassium intake blunts the effect of elevated sodium intake on blood pressure levels. *J Am Soc Hypertens*. 2014;8(4):232-238.
9. Crump C, Sundquist J, Winkleby MA, Sundquist K. Interactive effects of physical fitness and body mass index on the risk of hypertension. *JAMA Intern Med*. 2016;176(2):210-216.
10. Virdis A, Giannarelli C, Neves MF, et al. Cigarette smoking and hypertension. *Curr Pharm Des*. 2010;16(23):2518-2525.
11. Gao K, Shi X, Wang W. The life-course impact of smoking on hypertension, myocardial infarction and respiratory diseases. *Sci Rep*. 2017;7(1):4330.
12. Park YS, Lee CH, Kim YI, et al. Association between secondhand smoke exposure and hypertension in never smokers; a cross-sectional survey using data from Korean National Health and Nutritional Examination Survey V, 2010-2012. *BMJ Open*. 2018;8(5):e021217.
13. Roerecke M, Kaczorowski J, Tobe SW, et al. The effect of a reduction in alcohol consumption on blood pressure: a systematic review and meta-analysis. *Lancet Public Health*. 2017;2(2):e108-e120.
14. Wang Y, Mei H, Jiang YR, et al. Relationship between duration of sleep and hypertension in adults: a meta-analysis. *J Clin Sleep Med*. 2015;11(9):1047-1056.
15. Arnett DK, Blumenthal RS, Albert MA, et al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease. A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol*. 2019;74(10):e177-e232.
16. Ando K, Shimada K, Yamazaki T, et al; Japanese Primary Prevention Project (JPPP) Study Group. Influence of blood pressure on the effects of low-dose aspirin in elderly patients with multiple atherosclerotic risks. *J Hypertens*. 2019;37(6):1301-1307.
17. ACOG Practice Bulletin No. 212: Pregnancy and heart disease. *Obstet Gynecol*. 2019;133(5):e320-e356.
18. ACOG Practice Bulletin No. 206: Use of hormonal contraception in women with coexisting medical conditions. *Obstet Gynecol*. 2019;133(2):e128-e150.