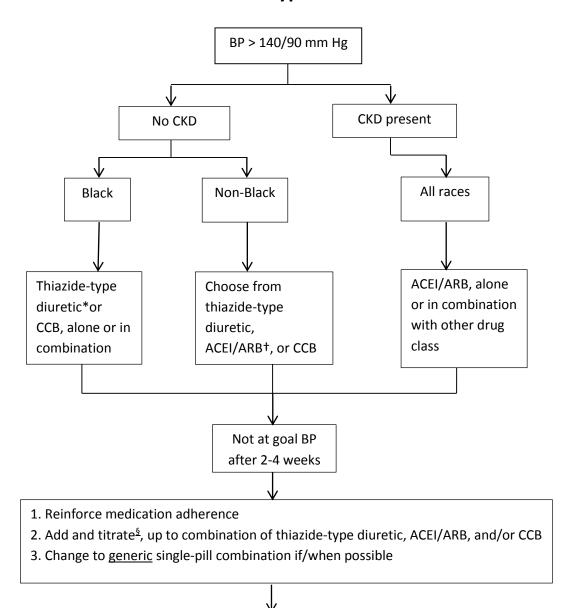
Heart Health Now Hypertension Treatment



§Titration strategies[‡]:

- A. Maximize one medication before adding additional (preferred), or
- B. Add additional medication before reaching maximum dose of initial med(s), or
- C. Start with 2 medication classes separately or as fixed-dose combination

Notes:

For all patients, monitor appropriate labs (e.g., Na+, K+, Cr) as indicated

- *Favor chlorthalidone if not planning on combining HCTZ with an ACEI or ARB
- †Do not use ACEI and ARB together
- ‡ Once patient is titrated and on thiazide-type diuretic, CCB, and ACEI/ARB, (or if cannot tolerate an agent among these), choose from β-blocker, spironolactone, or direct vasodilator as next options