Update on the Treatment of Hypertension

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CHEUNG: Update on the Treatment of Hypertension. Despite recognition of the dangers of untreated and uncontrolled hypertension, it is still widely and persistently under-treated in the community. Universal screening of all adults for hypertension is essential, as the probability of hypertension in any randomly chosen person is considerable, especially from middle age onwards. The level of blood pressure, the presence of other risk factors, target organ damage and overt cardiovascular disease allow the physician to estimate the cardiovascular risk of a patient. The urgency of treatment depends on the degree of risk. It is now believed that the control of hypertension is the primary goal. This may necessitate changing the class of antihypertensive drug or using a combination of different classes. The choice of drug class is also determined by co-morbidities. The control of blood pressure to the point of normalisation of blood pressure is safe and beneficial, especially in diabetics. In patients with mild hypertension, non-pharmacological treatment through lifestyle modification has a definite place. (J HK Coll Cardiol 2002;10:17-20)

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