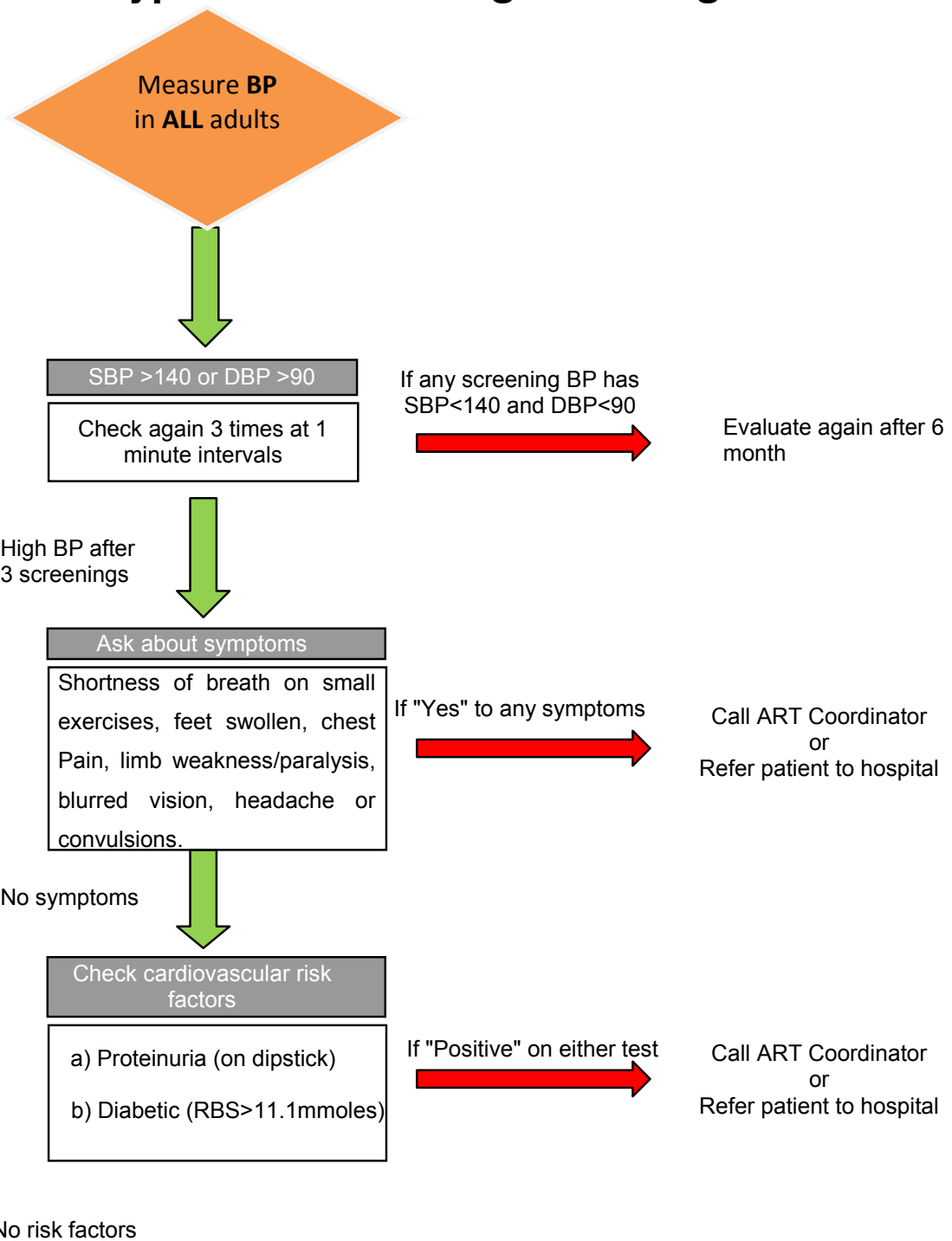


# Hypertension Management Algorithm



SBP 140-159  
and/or  
DBP 90-99

3-month trial of **lifestyle changes**:

Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking promote fresh fruits and vegetables intake, fatty food limitation

**Follow up in 3 months** - If BP remains high then start medications

SBP 160-179  
and/or  
DBP 100-109

**lifestyle changes**:

Weight reduction, increase physical exercise, decrease dietary salt intake, decrease alcohol consumption, stop smoking, promote fresh fruits and vegetables intake, fatty food limitation

**PLUS**

**Medications**

(Follow treatment algorithm)

SBP >180  
or  
DBP > 110

Call ART Coordinator  
or  
Refer patient to hospital