

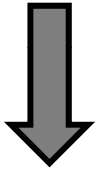
POTENTIALLY ELIGIBLE (Time 0)

Consent form

Males/ Females, 30 - 70 years old

Office average blood pressure: 120-139/80-89 mmHg

If diabetes mellitus: Systolic BP:120-130 mmHg



LIFESTYLE MODIFICATION (Months 1 to 3)

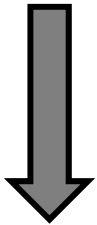
Weight control

Dash diet like

Low sodium

Stop smoking

Physical activity



RANDOMIZATION (Month 3)

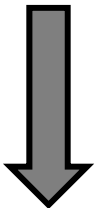
Consent form

Prehypertension at office blood pressure

Blood tests

Urine analysis

ECG

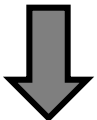


FOLLOW-UP VISITS (Months 6 to 15)

Re-assessment

Office blood pressure

Side-effects



OUTCOMES (Month 18)

Hypertension

Adverse events

Target-organ damage

Cardiovascular disease