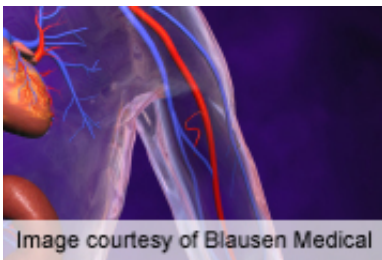


AMA launches online resource to guide HTN management

January 20 2014



(HealthDay)—An online resource has been developed for improving the detection and management of high blood pressure. The resource is part of the American Medical Association's Improving Health Outcomes Initiative which aims to improve outcomes around heart disease, starting with the 30 million people who have uncontrolled hypertension.

The new microsite from the JAMA Network comprises resources such as the new guideline published in the *Journal of the American Medical Association* last month together with editorials addressing the guideline; a treatment recommendation flowchart; previous guidelines; and landmark articles relating to hypertension.

In a series of nine recommendations, the guideline addresses three questions relating to hypertension management among adults, including when medication should be initiated, blood pressure targets, and initial

medication choices.

"For all persons with hypertension, the potential benefits of a healthy diet, weight control, and regular exercise cannot be overemphasized," authors of the new guideline wrote in the *Journal of the American Medical Association*. "These lifestyle treatments have the potential to improve [blood pressure](#) control and even reduce medication needs."

More information: [More Information](#)

Copyright © 2014 [HealthDay](#). All rights reserved.

Citation: AMA launches online resource to guide HTN management (2014, January 20) retrieved 11 January 2023 from <https://medicalxpress.com/news/2014-01-ama-online-resource-htn.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--