

If slightly high blood pressure doesn't respond to lifestyle change, medication can help

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Health care professionals should consider prescribing medication for patients with slightly elevated blood pressure if levels do not decrease after six months of healthy lifestyle changes, according to a new

scientific statement from the American Heart Association. The statement, published today in the Association's journal *Hypertension*, fills a gap in guideline recommendations by addressing how to manage untreated, stage 1 high blood pressure—levels of 130-139/80-89 mm Hg—that was not fully addressed in the 2017 treatment guidelines.

The 2017 American College of Cardiology/American Heart Association Blood Pressure Management Guidelines' recommendation for patients with stage 1 hypertension and a low (10%) 10-year risk for heart attack or stroke, the guidelines recommend anti-hypertensive medication in addition to healthy lifestyle.

Today's scientific statement suggests clinicians should consider medication for patients with a low ten-year risk if the blood pressure goals (

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