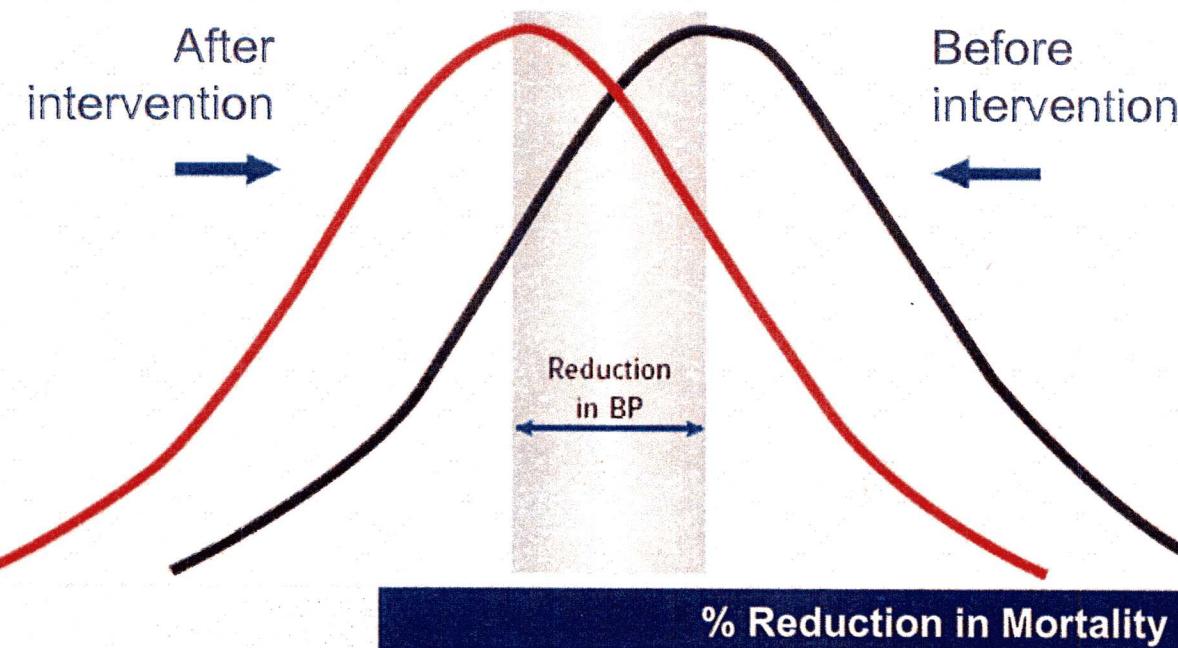


Modest reductions in SBP can substantially reduce cardiovascular mortality

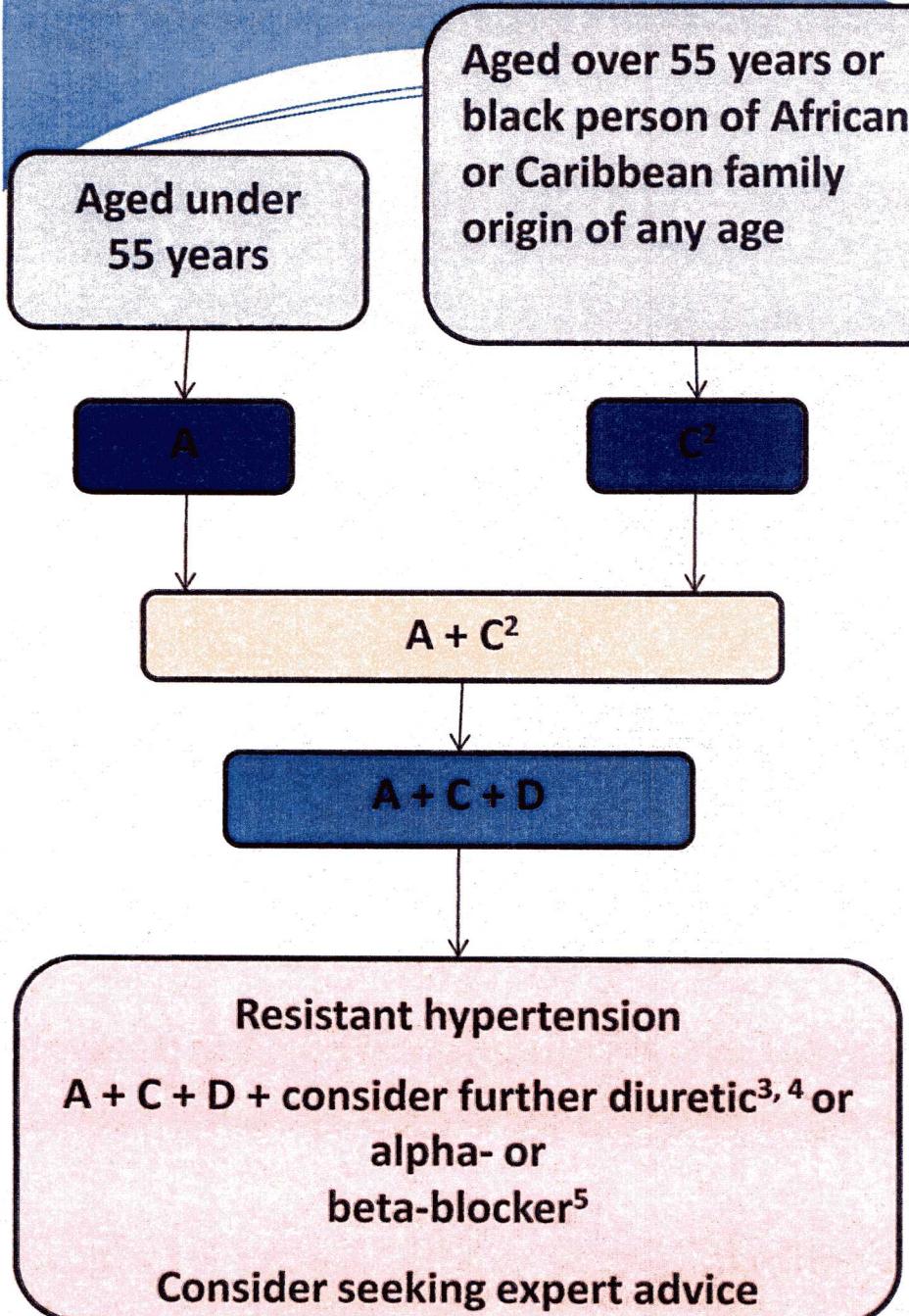


Reduction in SBP (mmHg)	Stroke	CHD	Total
2	-6	-4	-3
3	-8	-5	-4
5	-14	-9	-7

SBP = systolic blood pressure; CHD = coronary heart disease

Adapted from Whelton PK, et al. JAMA 2002;288:1882-1888.

Intervention	Recommendation	Expected systolic BP reduction (range)
Weight reduction	Maintain ideal body mass index (20-25kg/M ²)	5-10 mmHg per 10kg weight loss
DASH eating plan	Eat diet rich in fruit, vegetables, low-fat dairy products. Eat less saturated and total fat	8 -14 mmHg
Dietary sodium restriction	Reduce dietary sodium intake to <100mmol/day <2.4g sodium or <6 g salt (sodium chloride)	2 - 8mmHg
Physical activity	Regular aerobic physical activity, e.g. brisk walking for at least 30 min most days	4 - 9 mmHg
Alcohol moderation	Men ≤ 21 units per week Women ≤ 14 units per week	2-4 mmHg



Summary of antihypertensive drug treatment

Step 1

Step 2

Step 3

Step 4

Key

A – ACE inhibitor or low-cost angiotensin II receptor blocker (ARB)¹

C – Calcium-channel blocker (CCB)

D – Thiazide-like diuretic

See slide notes for details of footnotes 1-5