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## **Jnc 8 Guidelines Quick Reference**

JNC 8 Hypertension Guideline Algorithm

Lifestyle changes:

- Smoking Cessation
- Control blood glucose and lipids
- Diet  
Eat healthy (i.e., DASH diet) Moderate alcohol consumption Reduce sodium intake to no more than 2,400 mg/day

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- Physical activity Moderate-to-vigorous activity 3-4 days a week averaging 40 min per session.

### **JNC 8 Hypertension Guideline Algorithm Initial Drugs of ...**

The JNC 8 guidelines move away from the assumption that lower blood pressure levels will improve outcomes

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regardless of the type of agent used to achieve the lower level. Instead, the JNC 8...

### **The JNC 8 Hypertension Guidelines: An In-Depth Guide | AJMC**

Patients will be asking about the new Joint National Committee (JNC 8) hypertension guidelines, which were

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published in the Journal of the American Medical Association on December 18. The new guidelines emphasize control of systolic blood pressure (SBP) and diastolic blood pressure (DBP) with age- and comorbidity-specific treatment cutoffs.

### **The JNC 8 Hypertension Guidelines:**

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## **An In-Depth Guide**

In 2014, panel members of the Eighth Joint National Committee published the results of their evidence review and deliberations about the prevention, detection, evaluation, and treatment of high blood pressure. The 2014 guideline offers recommendations for the management of hypertension in: People

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older or younger than age 60 years

### **Explore JNC 8 Hypertension Guidelines from JAMA Network**

JNC 8 Guidelines for the Management of Hypertension in Adults. Practice Guidelines. Key Points for Practice • In the general population, pharmacologic treatment should be initiated

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## **JNC 8 Guidelines for the Management of Hypertension in Adults**

Hypothetical JNC 8 Recommendations

- Goal BP likely to be refined (relaxed) for population subgroups, particularly for those >80 and those with DM.
- Chlorthalidone recommended over

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HCTZ, but pre-eminence as first line therapy might be challenged.

### **JNC 8 Update on Hypertension Guidelines**

The Eighth Joint National Committee (JNC 8) recently released evidence-based recommendations on treatment thresholds, goals, and medications in the

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management of hypertension in adults.

## **JNC 8 Guidelines for the Management of ... - AAFP Home**

JOINT NATIONAL COMMITTEE (JNC)  
GUIDELINES FOR HYPERTENSION.

Revisions in JNC 8 guidelines include first-line drugs as Thiazide, ACE inhibitors, ARBs & calcium channel blockers

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(CCBs).; Beta-blockers are no longer considered as first-line drugs, according to JNC 8 guidelines for hypertension.; ACE inhibitors/ARBs are first choice drugs in patients with CKD irrespective of ethnic backgrounds.

### **Joint National Committee (JNC) Guidelines For Hypertension ...**

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A quick reference for busy clinicians, if they find it useful, i.e! ... Hypertension Guidelines JNC 8 nik\_sat. Jnc 8 Dr. Arun Kochar . JNC 8 \_Dr. Mansij Biswas Mansij Biswas. The Hypertension Guidelines JNC 8 Utai Sukviwatsirikul. Jnc 7 vs jnc-8 Ramachandra Barik. Jnc 8 2014 v ...

### **JNC 8 - SlideShare**

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8 Step 8 Risk Factor Abdominal obesity\*  
Men Women Triglycerides HDL  
cholesterol Men Women Blood pressure  
Fasting glucose Defining Level Waist  
circumference† >102 cm (>40 in) >88  
cm (>35 in) >150 mg/dL <40 mg/dL  
<50 mg/dL >130/>85 mmHg >110  
mg/dL \* Overweight and obesity are  
associated with insulin resistance and

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the metabolic syndrome.

### **ATP III Guidelines At-A-Glance Quick Desk Reference**

Adopt a diet rich in fruits, vegetables,  
and lowfat dairy products with reduced  
content of saturated and total fat.

Reduce dietary sodium intake to <100  
mmol per day (2.4 g sodium or 6 g

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sodium chloride). Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.

### **Reference Card From the Seventh Report of the Joint ...**

1. 2014 EVIDENCE-BASED GUIDELINE FOR THE MANAGEMENT OF HIGH BLOOD

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PRESSURE IN ADULTS - REPORT FROM THE PANEL MEMBERS APPOINTED TO THE EIGHTH JOINT NATIONAL COMMITTEE (JNC 8) The new guideline has simplified the treatment of hypertension. Patients are categorized according to age and the presence of diabetes (DM) or/and chronic kidney disease (CKD).

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## **HYPERTENSION GUIDELINES**

NHLBI. In subsequent years, a series of Joint National Committee (JNC) BP guidelines were published to assist the practice community and improve prevention, awareness, treatment, and control of high BP. The present guideline updates prior JNC reports. The following

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resource contains Figures and Tables  
from the 2017  
ACC/AHA/AAPA/ABC/ACPM/

## **2017 Guideline for the Prevention, Detection, Evaluation ...**

Sep 9, 2015 - Dr. Bilazarian gives his  
take on JNC 8 and the implications for  
the practicing physician when

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professional societies disagree on guidelines. More information JNC 8 Reference Card Guidelines | Hypertension Guidelines: Clear as Mud

### **Hypertension Guidelines: Clear as Mud**

The recommendations from this evidence-based guideline from panel

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members appointed to the Eighth Joint National Committee (JNC 8) offer clinicians an analysis of what is known and not known about BP treatment thresholds, goals, and drug treatment strategies to achieve those goals based on evidence from RCTs.

### **2014 Evidence-Based Guideline for**

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### **the Management of High ...**

JNC 8 also backs away from the recommendation that thiazide-type diuretics should be initial therapy in most patients, suggesting an ACE inhibitor, angiotensin-receptor blocker (ARB),...

### **JNC 8 Guidelines Ease Up on BP**

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## **Thresholds, Drug Choices**

Jnc 8 Guidelines Quick Reference JNC 8  
Hypertension Guideline Algorithm

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- Physical activity Moderate-to-vigorous

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activity 3-4 days a

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