Robust Content

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Adult Primary Care and Internal Medicine

Cardiovascular Medicine

Endocrinology and Diabetes

Family Medicine

Gastroenterology and Hepatology

Hematology

Infectious Diseases

Nephrology and Hypertension

Neurology

Obstetrics, Gynecology and Women's Health

Oncology

Pediatrics

Pulmonary, Critical Care and Sleep Medicine

Rheumatology

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Dermatology

Emergency Medicine

Psychiatry

Surgery

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Overview of hypertension in adults

Find   Patient   Print   Email

TOPIC OUTLINE

INTRODUCTION
DEFINITIONS
• Malignant hypertension
• Hypertensive urgency

ESSENTIAL (PRIMARY) HYPERTENSION
• Pathogenesis
• Risk factors

SECONDARY HYPERTENSION

COMPLICATIONS

DIAGNOSIS
• Screening
• Measurement
• White coat hypertension and ambulatory monitoring
  - Masked hypertension
  - Indications for ABPM

EVALUATION
• History
• Physical examination
• Laboratory testing
• Additional tests
  - Testing for renovascular hypertension
  - Testing for other causes of identifiable hypertension

TREATMENT

Overview of hypertension in adults

Authors
Fran J Domino, MD
Norman M Kaplan, MD

Section Editor
George L Bakris, MD

Deputy Editor
Alice M Sheridan, MD

Last literature review version 17.1: January 2009 | **This topic last updated:** February 11, 2009 **(More)**
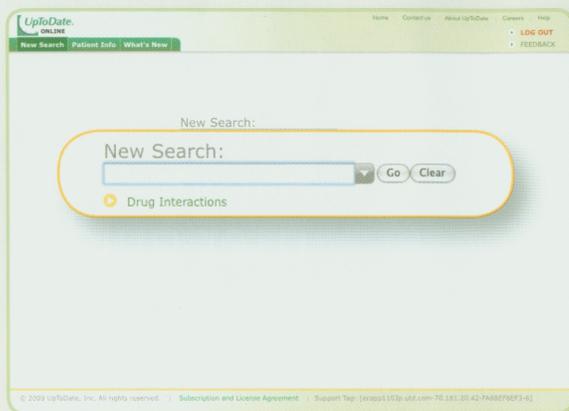
INTRODUCTION — The treatment of hypertension is the most common reason for office visits of non-pregnant adults to physicians in the United States and for use of prescription drugs [1]. Analysis of NHANES data from 1999-2000 and United States Census bureau information results in an approximately 29 to 31 percent incidence of hypertension in the 18 year and older population of the United States [2,3]. This translates into 58 to 65 million hypertensives in the adult population in the United States, which is substantially higher than the 43.2 million estimate derived from the 1988-1991 NHANES-III survey [3,4].

The number of patients with hypertension is likely to grow as the population ages since either isolated systolic hypertension or combined systolic and diastolic hypertension occurs in over one-half of persons older than 65 years (show figure 1) [5]. The rising incidence of obesity will also increase the number of hypertensive individuals [5]. (See "Treatment of hypertension in the elderly, particularly isolated systolic hypertension").
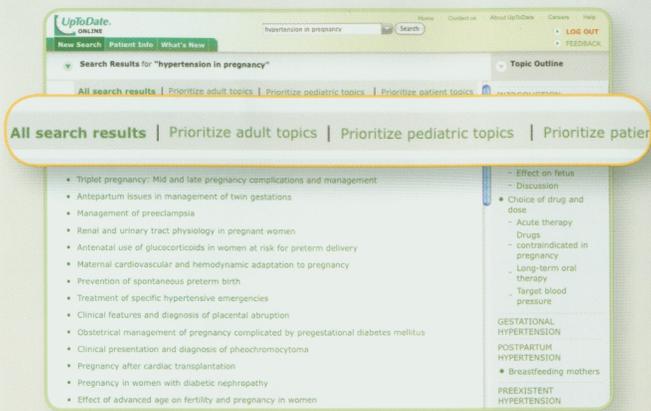
Despite the prevalence of hypertension and its associated complications, control of the disease is far from adequate [6-8]. Data from NHANES show that only 34 percent of persons with hypertension have their blood pressure under control, defined as a level below 140/90 mmHg (show table 1) [7].

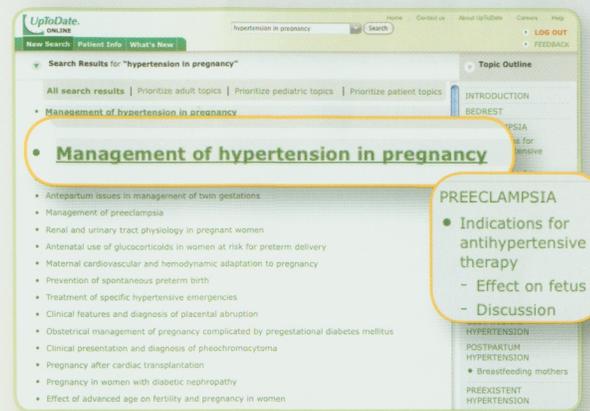Help improve UpToDate. Did UpToDate answer your question? ▶ Yes ▶ No

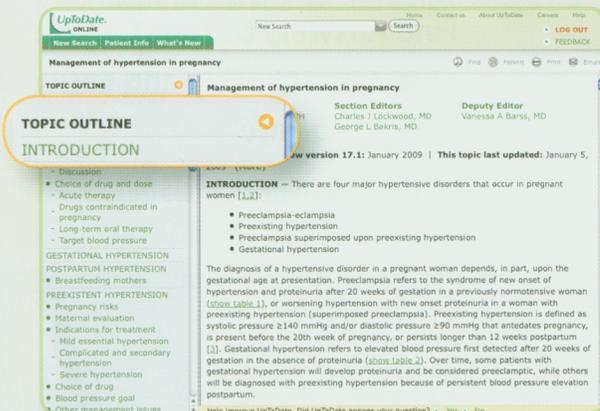# Access *UpToDate* Online at www.uptodate.com/online or by Clicking on the *UpToDate* Icon

1. Enter a word or phrase in the New Search box.

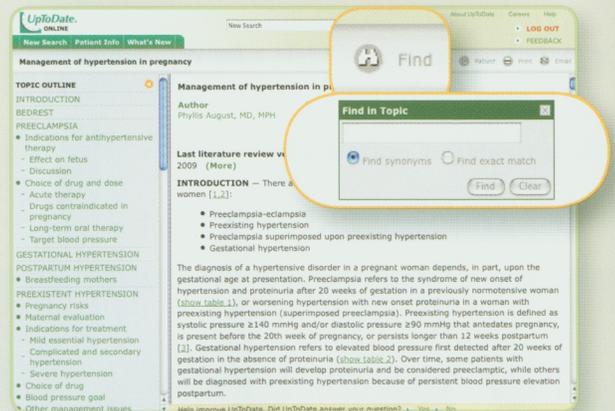The more specific your search, the more likely it will return the desired results. Enter text and click **Go**.

2. Prioritize the order in which topics appear on the Search Results page.

View the titles in the default order (**All search results**) or choose **Prioritize adult topics, Prioritize pediatric topics** or **Prioritize patient topics** to display adult, pediatric or patient topics first.
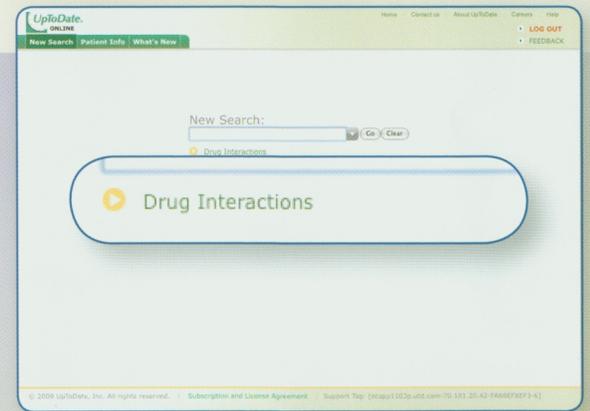
3. Access topics from the Search Results page.

Click on a topic title to display the topic; position the mouse pointer over the topic title to view the topic outline. And click on a heading within the outline to link to a specific section.

4. Use topic outlines.

Click on a heading in the outline to access the corresponding section of the topic. The topic outline also includes links to related topics and associated graphics.

5. Find text within topics.

Click **Find** and enter the text for which you want to search. Select **Find synonyms** if you want to find both exact matches and synonyms, or select **Find exact match** if you want to find only exact matches. Click **Find** to highlight all occurrences of the text. To clear highlighted text, click **Clear**.

Access the drug interactions database* (online only).

Click on the highlighted arrow on the search screen to review drug-to-drug, drug-to-herb, and herb-to-herb interactions with the Lexi-Interact™ drug interactions program.

*In partnership with Lexi-Comp®

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Source: Schilling LM, et al. *Acad Med.* 2005:80(1):51

Clinicians read over 120 million *UpToDate* topics last year — and this number continues to grow.

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UpToDate is committed to providing user-friendly tools to help you find information quickly and easily. Here are just a few of the features we've added over the past 15 years:

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- **Over 5,000 graded treatment recommendations.**

- **Medline abstracts** provide access to over 260,000 references with links to full text articles.

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- **Drug database and drug interactions database** (in partnership with Lexi-Comp®) include over 4,600 adult, pediatric, international and natural drugs and allow clinicians to check for potentially dangerous drug-to-drug, drug-to-herb, and herb-to-herb interactions.

- **Calculators** provide access to more than 30 medical calculators, eliminating the need to remember formulas or use separate devices.

- **"What's New"** provides a summary of important new findings by specialty since the last release.

- **Patient Information** includes over 400 topics written specifically for patients.

- **Email topics** to your colleagues or patients.

- **Use Feedback button** to submit questions and comments to our editors.

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