

| Guideline Differences | 2017 AHA/ACC | 2023 ESH |
|---|---|--|
| Hypertension Definition (mmHg) | ≥130/80 | ≥140/90 |
| Hypertension Ranges (mmHg) | Stage 1: 130-139/80-89 Stage 2: ≥140/90 | Grade 1: 140-159/90-99 Grade 2: 160-179/100-109 Grade 3: ≥180/110 |
| Nocturnal Hypertension (mmHg) | ≥ 110/65 | ≥ 120/70 |
| Treatment Target Thresholds (mmHg) | Treat most to <130/80 (May target higher BP for patients with advanced age or high comorbidity burden) | <i>Age Based Thresholds</i> 18-64  <130/80 65-79  <140/80 ≥80  140-150/<80 |
| Use of Beta Blockers | First line for ischemic heart disease and heart failure | First line for broad range of clinical conditions |
| Guideline Similarities | 2017 AHA/ACC | 2023 ESH |
| Focus on BP measurement technique Pharmacotherapy CVD Risk Assessment | Use of validated devices for accurate BP measurements Use of combination therapy as initial treatment strategy Calculation of CVD Risk to guide treatment decisions | |

Acc Aha Hypertension Guidelines 2017

L Reisser



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