



Decision support for further investigation	
<input type="checkbox"/> Abnormal creatinine or severe hypertension	Consider renovascular disease
<input type="checkbox"/> Hypokalemia	Consider primary aldosteronism
<input type="checkbox"/> Thyroid abnormality	Consider hyperthyroidism
<input type="checkbox"/> Upper but not lower extremity hypertension	Consider coarctation of aorta
<input type="checkbox"/> Bruit	Consider cerebrovascular disease
<input type="checkbox"/> Headache, sweating and palpitations	Consider pheochromocytoma
<input type="checkbox"/> Cushingoid body habitus	Consider Cushing's disease
<input type="checkbox"/> Persistent or severe elevation	Consider medications, illicit drug use and excessive alcohol use
<input type="checkbox"/> Loud snoring, obesity, gasping and daytime sleepiness	Consider sleep apnea

Decision support for selection of a drug class	
Indications	Treatment
<input type="checkbox"/> Stage 1: No compelling indications	Diuretic for most. May consider ACEI, ARB, BB, CCB or combination.
<input type="checkbox"/> Stage 2: No compelling indications	Two-drug combination for most. Usually thiazide diuretic plus ACEI or ARB, BB or CCB.
Patient group	
<input type="checkbox"/> Non-black patients	Thiazide, CCB, ACEI, or ARB
<input type="checkbox"/> Black patients	Thiazide or CCB
<input type="checkbox"/> Chronic kidney disease	Always include an ACEI or ARB
<input type="checkbox"/> Heart failure	Thiazide and ACEI preferred over CCB
Choose up to three drugs from recommended categories until blood pressure goal is achieved. Consider referral if not achieved at that point. ACEI = angiotensin-converting enzyme inhibitor; ARB = angiotensin receptor blocker; BB = beta blocker; CCB = calcium channel blocker.	

**Generic drugs**

**Diuretics**

- Chlorthalidone, 12.5 to 25 mg once daily
- Hydrochlorothiazide (HCTZ), 12.5 to 50 mg once daily
- Triamterene/HCTZ, 37.5 to 75 mg/25 to 50 mg once daily

**Aldosterone blockers**

- Spironolactone, 25 to 50 mg once daily

**Angiotensin-converting enzyme inhibitors**

- Lisinopril, 10 to 40 mg once daily
- Enalapril, 2.5 to 40 mg daily, divided doses once to twice daily

**Beta blockers**

- Metoprolol, 50 to 100 mg once to twice daily
- Atenolol, 25 to 100 mg once daily

**Body mass index calculator**

Weight	Height																		
	Inches	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	
Lb	kg	cm	147	150	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188
90	41		19	18	18	17	16	16	15	15	15	14	14	13	13	13	12	12	12
100	45		21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13
110	50		23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	15	14
120	55		25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	16	15
130	59		27	26	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17
140	64		29	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18
150	68		31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19
160	73		34	32	31	30	29	28	28	27	26	25	24	24	23	22	22	21	21
170	77		36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22
180	82		38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23
190	86		40	38	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24
200	91		42	40	39	38	37	36	34	33	32	31	30	30	29	28	27	26	26
210	95		44	43	41	40	38	37	36	35	34	33	32	31	30	29	29	28	27
220	100		46	45	43	42	40	39	38	37	36	35	34	33	32	31	30	29	28
230	105		48	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	30
240	109		50	49	47	45	44	43	41	40	39	38	37	36	35	34	33	32	31
250	114		52	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32
260	118		54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33
270	123		57	55	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35
280	127		59	57	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36
290	132		61	59	57	55	53	51	50	48	47	46	44	43	42	41	39	38	37

■ BMI ≤ 24: Normal weight; □ BMI 25 to 29: Overweight; ■ BMI 30 to 39: Obese; ■ BMI ≥ 40 Extreme obesity.