

Initiation of blood pressure-lowering treatment (lifestyle changes and medication) at different initial office blood pressure levels

High normal BP BP 130–139/85–89 mmHg	Grade 1 Hypertension BP 140–159/90–99 mmHg	Grade 2 Hypertension BP 160–179/100–109 mmHg	Grade 3 Hypertension BP ≥ 180/110 mmHg
↓ Lifestyle advice ↓	↓ Lifestyle advice ↓	↓ Lifestyle advice ↓	↓ Lifestyle advice ↓
Consider drug treatment in very high risk patients with CVD, especially CAD	Immediate drug treatment in high or very high risk patients with CVD, renal disease or HMOD	Immediate drug treatment in all patients	Immediate drug treatment in all patients
	↓ Drug treatment in low moderate risk patients without CVD, renal disease or HMOD after 3–6 months of lifestyle intervention if BP not controlled	↓ Aim for BP control within 3 months	↓ Aim for BP control within 3 months

BP = blood pressure; CAD = coronary artery disease; CVD = cardiovascular disease; HMOD = hypertension-mediated organ damage

Quelle: ESC/ESH Guidelines for the management of arterial hypertension. European Heart Journal (2018) 39.