Overview of hypertension treatment

Check your learning by answering true or false for the following statements.

1) Optimal blood pressure is below 120/80mmHg. T/F
2) In patients with no co-morbidities the aim of antihypertensive treatment is to get blood pressure below 130/80mmHg. T/F
3) Automated blood pressure devices that take readings from the wrist are generally more accurate than those that take readings from the upper arm. T/F
4) People with an irregular heart rate may not be able to achieve accurate blood pressure readings with an electronic device. T/F
5) Ten per cent weight loss can reduce blood pressure by 7/5mmHg. T/F
6) Advice to reduce dietary salt intake to below 6g/day can reduce blood pressure by 2-3mmHg. T/F
7) In general, it is not necessary to take home blood pressure readings more than once a week. T/F
8) According to National Institute for Health and Clinical Excellence guidelines, hypertension in a person of mixed African and Caucasian race and under 55 years old should be treated with a calcium channel blocker or a thiazide type diuretic. T/F
9) A cough caused by an angiotensin-converting enzyme inhibitor typically resolves within four weeks once the ACE inhibitor is stopped. T/F
10) If one ACE inhibitor is causing cough, it is worth switching to another ACE inhibitor. T/F

These questions are accessible until **15 November 2010** and must be answered online at www.pjonline.com/check