

[Click Here](#)





































High blood pressure. National Heart, Lung, and Blood Institute. . Accessed July 18, 2022.Flynn JT, et al. Clinical practice guideline for screening and management of high blood pressure in children and adolescents. Pediatrics. 2017; doi:10.1542/peds.2017-1904.Physical Activity Guidelines for Americans. 2nd ed. U.S. Department of Health and Human Services. . Accessed June 15, 2022.Hypertension in adults: Screening. U.S. Preventive Services Task Force. . Accessed July 18, 2022.Thomas G, et al. Blood pressure measurement in the diagnosis and treatment of hypertension in adults. . Accessed July 18, 2022.Muntner P, et al. Measurement of blood pressure in humans: A scientific statement from the American Heart Association. Hypertension. 2019; doi:10.1161/HYP.0000000000000087.Basile J, et al. Overview of hypertension in adults. . Accessed July 22, 2022.Know your risk factors for high blood pressure. American Heart Association. . Accessed July 18, 2022.Rethinking drinking. Alcohol and your health. National Institute on Alcohol Abuse and Alcoholism. . Accessed July 18, 2022.Libby P, et al., eds. Systemic hypertension: Mechanisms, diagnosis, and treatment. In: Braunwald's Heart Disease: A Textbook of Cardiovascular Medicine. 12th ed. Elsevier; 2022. . Accessed July 18, 2022.AskMayoExpert. Hypertension (adult). Mayo Clinic; 2021.About metabolic syndrome. American Heart Association. . Accessed July 18, 2022.Understanding blood pressure readings. American Heart Association. . Accessed July 18, 2022.Whelton PK, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Hypertension. 2018; doi:10.1161/HYP.0000000000000065.Monitoring your blood pressure at home. American Heart Association. . Accessed July 18, 2022.Mann JF. Choice of drug therapy in primary (essential) hypertension. . Accessed July 18, 2022.Agasthi P, et al. Renal denervation for resistant hypertension in the contemporary era: A systematic review and meta-analysis. Scientific Reports. 2019; doi:10.1038/s41598-019-42695-9.Chernova I, et al. Resistant hypertension updated guidelines. Current Cardiology Reports. 2019; doi:10.1007/s11886-019-1209-6.Forman JP, et al. Diet in the treatment and prevention of hypertension. . Accessed July 18, 2022.Goldman L, et al., eds. Cognitive impairment and dementia. In: Goldman-Cecil Medicine. 26th ed. Elsevier; 2020. . Accessed July 18, 2022.Managing stress to control high blood pressure. American Heart Association. . Accessed July 18, 2022.Brenner J, et al. Mindfulness with paced breathing reduces blood pressure. Medical Hypothesis. 2020; doi:10.1016/j.mehy.2020.109780.Grundy SM, et al. 2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the management of blood cholesterol: A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation. 2019; doi:10.1161/CIR.0000000000000625.Monitoring your blood pressure at home. American Heart Association. . Accessed July 22, 2022.Natural medicines in the clinical management of hypertension. Natural Medicines. . Accessed Dec. 20, 2020.Saper RB, et al. Overview of herbal medicine and dietary supplements. . Accessed July 18, 2022.Medical review (expert opinion). Mayo Clinic. Aug. 19, 2022.2020-2025 Dietary Guidelines for Americans. U.S. Department of Health and Human Services and U.S. Department of Agriculture. . Accessed July 18, 2022.Borjesson M, et al. Physical activity and exercise lower blood pressure in individuals with hypertension: Narrative review of 27 RCTs. British Journal of Sports Medicine. 2016; doi:10.1136/bjsports-2015-095786.Lloyd-Jones DM, et al. Life's essential 8: Updating and enhancing the American Heart Association's construct of cardiovascular health: A presidential advisory from the American Heart Association. Circulation. 2022; doi:10.1161/CIR.0000000000001078.American Heart Association adds sleep to cardiovascular health checklist. American Heart Association. . Accessed July 15, 2022.