



1. : JNC - 7

	mmHg	mmHg	
	< 120	< 80	
	120~139	80~89	
1	140~159	90~99	2가 가
2	160	100	2가 (thi- azide ) *)

140/90 mmHg

1 (stage 1 hypertension), 2

\* ( , ACE , , )

(the lower, the better)

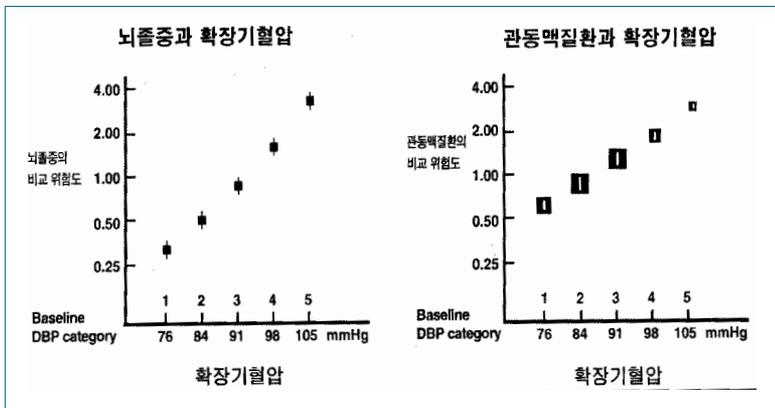
JNC - 7

2003 6

(ESH/ESC)

(2)

가 JNC - 7



1.

120/80 mmHg

130 ~ 139/85 ~ 89

mmHg 120 ~ 139/80 ~ 89 mmHg

(prehypertension)

가 140/90 mmHg

140/90 mmHg

115/75

mmHg 20/10 mmHg 가

(120/80 mmHg )

가

( 1).

2.

- \*
  - 
  - (BMI  $\geq 30$  kg/m<sup>2</sup>)
  - 
  - \*
  - \*
  - GFR < 60 ml/min
  - ( 55 , 65 )
  - 가 ( 55 , 65 )
- 
- \*

3.

- - 
  - 
  - 
  - 
  - 
  - 
  - 
  - 
  -
- 

가?

( 2).

( 2)

가

( 3)

가

가

가

JNC - 7

(Lifestyle Modifications)

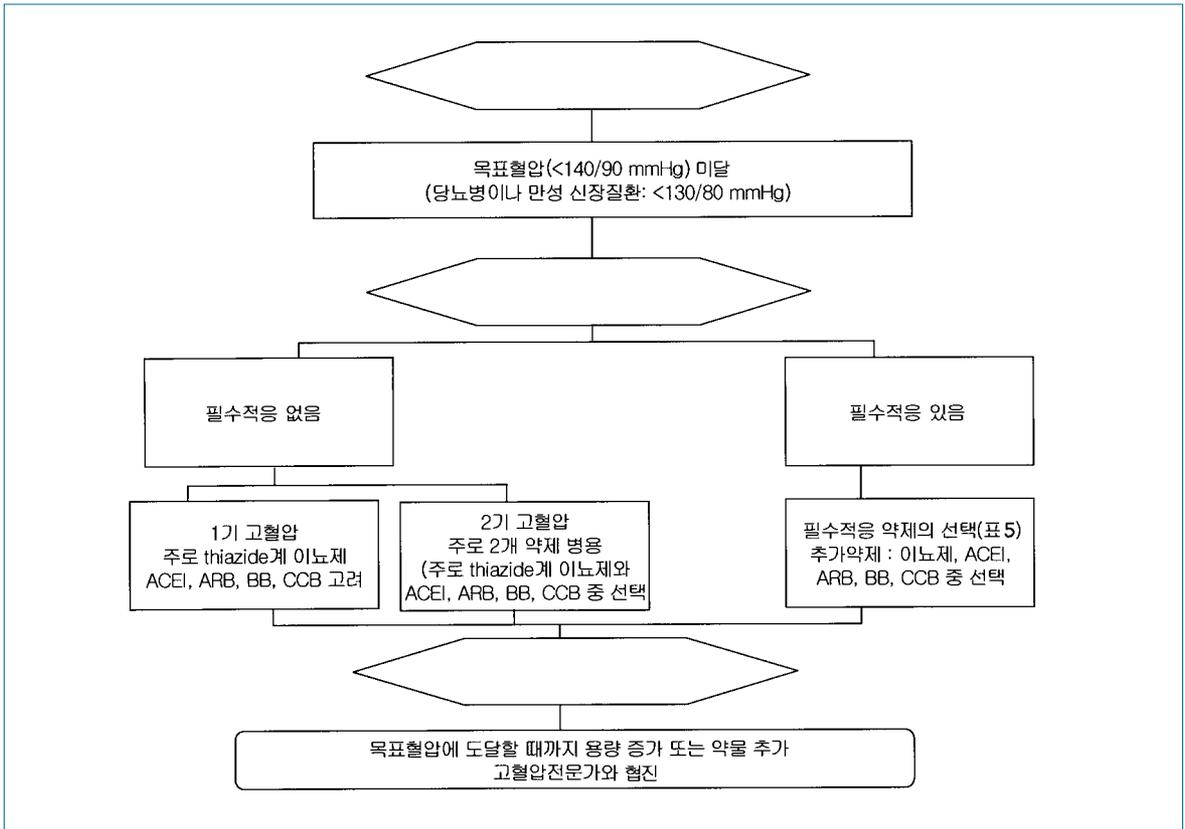
가

1

(DASH diet),

4

JNC - 7



ACEI : ACE , ARB : angiotensin - receptor blocker, BB : beta - blocker, CCB : calcium channel blocker

2.

3

1. (Compelling Indication)

( )

가

thiazide

ACE

가

4.

	( )	
	18.5~24.9 kg/m <sup>2</sup> )	5~20 mmHg/10 kg
(DASH diet)	가	8~14 mmHg
	1 6 gm (Na 2.4 gm, 100 mmol)	2~8 mmHg
	( 30 )	4~9 mmHg
	2 (100% ethanol 30 ml ; 720 ml, 300 ml, 80 90 ml )	2~4 mmHg

가

가

가

가

(essential tremor)

Raynaud

3.

thiazide

, 2

ARB

mEq/L

, ACE

K가 5.0

가

. JNC - 7

20 mmHg

2.

ACE

(ARB),

가

JNC - 7

. HOT

80 mmHg

, thiazide

thiazide

3가

가

가



. ACE 가  
 가 . ACE , ,

4)

가 130/80 mmHg  
 . , ACE , ARB, 가  
 . JNC - 7  
 가 ACE ARB

5)

140/90 mmHg 가 140/90 mmHg  
 가 가  
 130/80 mmHg . ACE ARB가  
 가 .  
 (loop  
 ), , .

6)

140/90 mmHg .  
 가 (pseudo - hypertension)  
 가  
 , ACE ,  
 , ARB

7)

140 mmHg .

1. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. JAMA 2003 ; 289 : 2560 - 72
2. Guideline Committee. 2003 European Society of Hypertension - European Society of Cardiology guidelines for the management of arterial hypertension. J. Hypertens 2003 ; 21 : 1011 - 53
3. Hansson L, Zanchetti A, Carruthers SG, Dahlöf B, Elmfeldt D, Westerling S, et al for HOT Study Group. Effects of intensive blood - pressure lowering and low - dose aspirin in patients with hypertension : Principal results of the Hypertension Optimal Treatment (HOT) randomized trial. Lancet 1998 ; 351 : 1755 - 62