

고혈압의 약물치료

Antihypertensive Drug Therapy

5가 126 - 1

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Abstract

Aggressive treatment of hypertension has been proved to reduce morbidity and mortality. Data from recent clinical trials indicate that, for all stages of hypertension, the target BP should be a maximum BP <140/90 mmHg, with diastolic BP values as low as 70 mmHg. For patients with diabetes mellitus or chronic renal disease, this target value should be even lower, <130/80 mmHg. As significant morbidity and mortality attributable to hypertension occur in patients who are not diagnosed as having hypertension but whose blood pressure is in prehypertension range, 120~139/80~89 mmHg, lowering BP levels in this group is recommended as well, with lifestyle modification or drug therapy for some indicated patients being first-line therapy. Because controlling BP to <140/90 mmHg often requires use of two or more agents, selection of drugs for combination therapy should be based not only on antihypertensive efficacy, but also on compelling indications and tolerability of the regimens. This review presents the latest findings on the antihypertensive therapy and emphasizes the importance of decreasing BP per the JNC - 7 guidelines.

Keywords : Hypertension; Lifestyle modifications; Antihypertensive drug therapy; Compelling indications

: ; ; ;

5 7 (JNC - 7)(1) 2000 70% 59% 1991 68% 54% 27% 34% 가 10 가 가 가 가 JNC - 7 (1) 가 (1).

1. : JNC - 7

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

* (, ACE , , ,)

140/90 mmHg

1 (stage 1 hypertension), 2

(the lower, the better)

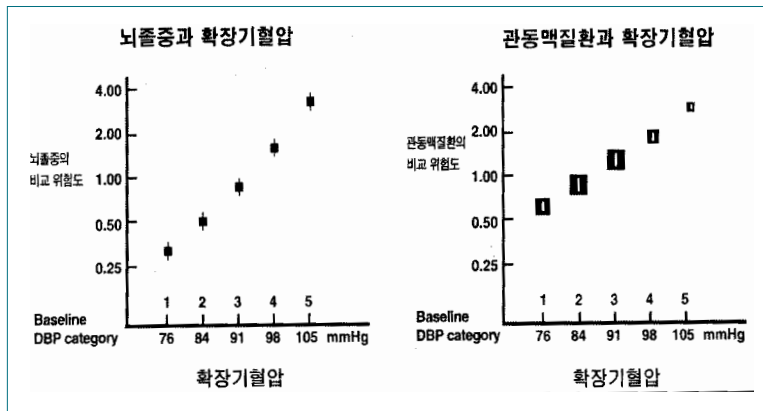
JNC - 7

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 $\geq 30 \text{ kg/m}^2$)
-
- *
- *
- GFR $< 60 \text{ ml/min}$
- (55 , 65)
- 가 (55 , 65)

*

3.

-
-
-
-
-
-
-
-
-
-

가?

(2).

(2)

가

(3)

가

가

가

JNC - 7

(Lifestyle Modifications)

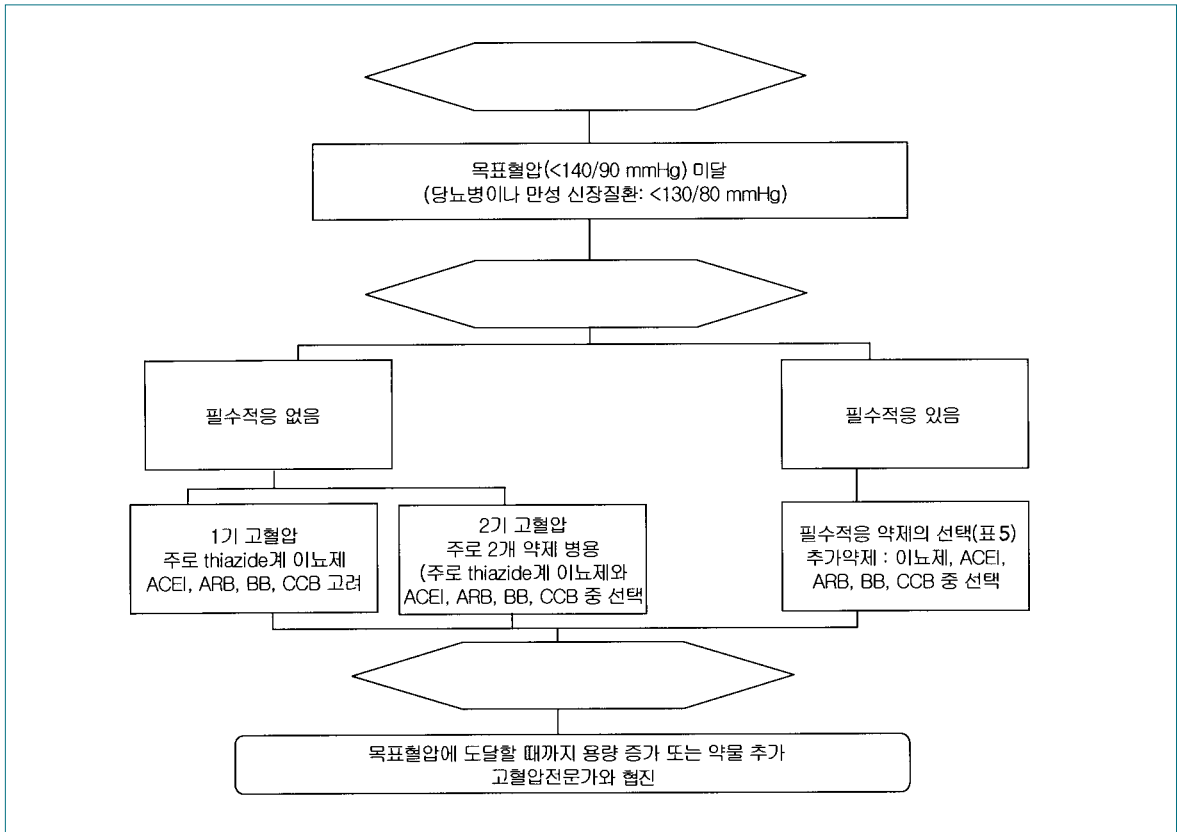
가

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 ²)	5~20 mmHg/10 kg
(DASH diet)	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
가

(essential tremor)

Raynaud

3.

thiazide

, 2

ARB

mEq/L

, ACE

K가 5.0

가

. JNC - 7

20 mmHg

2.

. HOT

ACE

80 mmHg

3가

(ARB),

, thiazide

가

JNC - 7

thiazide

가

가

1)

140/90 mmHg .

ACE

85 mmHg

(J

가) HOT (3)

83 mmHg

가 가 70

mmHg

가

ACE

ACE

3.

2)

3

ACE

가

가

ACE

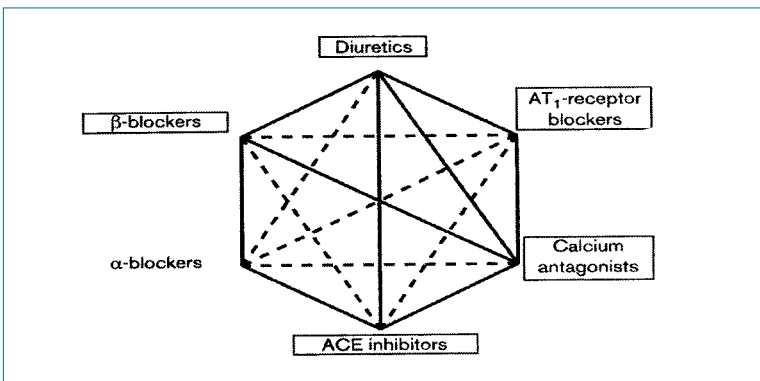
, ARB,

135/85 mmHg

3)

140/90 mmHg

160/100 mmHg



4.

. ACE
가

. ACE , ,
.

4)

가 130/80 mmHg
. , , ACE , ARB,

가
. JNC - 7

가 ACE ARB

5)

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

가 140/90 mmHg



), , .

6)

140/90 mmHg .

가 (pseudo - hypertension)

가

가

. , ACE ,
, ARB

7)

140 mmHg .

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