

### **1.1.2 Management**

#### Lifestyle modifications

The first line of treatment for hypertension is lifestyle modification (changes), as with prevention the life style modification includes dietary changes, physical exercise, and weight loss. These have all been shown to significantly reduce blood pressure in people with hypertension. If hypertension is high enough,, lifestyle modification in conjunction with medication is recommended (Huang N, *et al.*. 2008).

#### Medications

To certain extent, lifestyle modification is not enough to control a patient's blood pressure, which leaves them at risk of coronary heart disease, stroke and renal failure. (National Heart Foundation of Australia, 2008).

“Antihypertensive drugs” refers to multiple classes of medications, used for treating hypertension, the choice of antihypertensive drug should be based on the patient's age and the presence of associated clinical conditions. ( Wright JM, Musini VM (July 2009).

### **1.2. Antihypertensive Drugs:**

Hypertensive patients who takes antihypertensive drugs are advised to follow a sodium restricted diet, antihypertensive drugs is classified in to 7 main catigories, these are:

1. Diuretics.
2. Beta adrenergic blockers.
3. Calcium channel blockers.