A/P

Hypertension:

Discussed with patient that optimal blood pressure control is important to reduce the risk of heart disease, vascular disease, stroke, kidney failure, blindness, and stroke.

Patient is well aware of the following guidelines from medical societies:

Goal BP for this patient is: <140/80 per the AAFP recommendations.

Per AHA guidelines for those < 65 years old BP goal should be <130/80, and for those 65 or older BP goal is <140/90

Per AHA guidelines if BP is > 160/100 then starting/adding additional medication is recommended.

Discussed weight loss, DASH diet, low sodium diet, aerobic exercise, alcohol cessation and how all of these can positively impact blood pressure.

Patient is currently taking: See medication list, it is updated at each visit

See documented BP for todays reading.

Continue Medications as listed in medication list, any changes mentioned as below.

Adjustments Made to patients Treatment plan based on todays Visit

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These recommendations were made based off of AAFP guidelines found at this link: <https://www.aafp.org/family-physician/patient-care/clinical-recommendations/all-clinical-recommendations/highbloodpressure.html>

HPI

Hypertension:

Patient is doing well with current regimen, no concerns or complaints about medications. No side effects from medications.

Currently taking: See patients medication list, it is updated at each visit with me.

BP checks at home have been: 110-130 systolic {\_} 130-150 systolic {\_} &gt;150 systolic