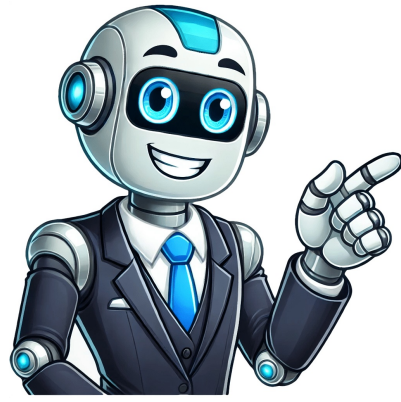


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Our mission is to alleviate the burden of cardiovascular disease by providing healthcare professionals with updated guidelines on managing elevated blood pressure and hypertension. The newly released guideline, developed by a multidisciplinary task force, offers a simplified classification system for blood pressure and provides processes for diagnosis, evaluation, and management of individuals with elevated blood pressure. Hypertension management should consider individual risk factors, including diabetes and cardiovascular disease. For pregnant women without contraindications, low- to moderate-intensity exercise can help reduce the risk of gestational hypertension and pre-eclampsia. A tailored approach is recommended, prioritizing those with higher overall risk from elevated blood pressure. Regular screening for secondary hypertension is advised in adults diagnosed before age 40, except for obese young adults who should first be screened for sleep apnea. Self-measurement of blood pressure can empower patients and improve adherence to treatment. Despite challenges in guideline implementation, the document includes strategies to address barriers and acknowledges sex and gender as key considerations throughout.

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