

## Canadian blood pressure guidelines

Guideline authors define hypertension in adults as a BP  $\geq$  130/80 mmHg when measured with a validated device under optimal conditions. A healthy lifestyle is recommended for all adults with hypertension. This means two or fewer drinks per day, less than 2 gms of salt per day and regular exercise, 150 to 300 minutes per week of moderate aerobic exercise. NB 70% of salt comes from ready-made food, including bread.

Weight loss is recommended, and increasing potassium intake, although care is needed with ACE/ARBs and spironolactone. Avoid smoking due to the increased risk of cardiovascular disease.

Treatment with or without medication should achieve a systolic BP of < 130 mmHg. Combination medicines are recommended in low doses, and first line includes ACE/ARB, thiazide or thiazide-like (e.g. chlorthalidone) and long-acting calcium channel blockers. If BP remains above 130 mm Hg systolic, consider adding spironolactone (monitor potassium).

### Reference:

1. [Hypertension Canada guideline for the diagnosis and treatment of hypertension in adults in primary care](#) CMAJ (2025)

[Click here](#) to view more Gems

Goodfellow Gems are chosen by Goodfellow Director, Prof Bruce Arroll to be either practice changing or thought provoking. If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).



[Tweet](#)



[Share](#)



[Forward](#)

*Copyright © 2025 Goodfellow Unit, All rights reserved.*

You are receiving this email as you have previously registered for a Goodfellow Unit event, or have opted in at our website [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit  
The University of Auckland | Grafton Campus  
22-30 Park Ave, Grafton  
Auckland, Auckland 1023  
New Zealand

[Add us to your address book](#)