

# SIMPLIFY YOUR PILL ROUTINE

## What you need to know about treating high blood pressure (BP)

### Did you know?

Most people need more than one medication to keep blood pressure under control. Fortunately, there are now “combination therapies” that have two medicines in one pill to treat high blood pressure, which is also called hypertension.

Single pill combination (SPC) therapy has many advantages and it costs the same.

- **SPC is more effective**
- **SPC has fewer side effects** than high doses of one medication alone
- **SPC makes it easier** to take the medication you need to live longer



CATEGORY	SYSTOLIC (Upper #)	DIASTOLIC	WHAT YOU SHOULD DO
<b>Normal</b>	<120 mm Hg	<80	Enjoy your healthy lifestyle
<b>Elevated</b>	120 - 129 mm Hg	<80	<b>Live healthy:</b> decrease salt, increase exercise, manage your weight, stop smoking
<b>Stage 1</b>	130 - 139 mm Hg	80 -89	<b>Take 1 pill</b> combination therapy* and live healthy
<b>Stage 2</b>	140 or higher	90 or higher	<b>Take 1 pill</b> combination therapy to control high BP and live healthy

\*The guidelines indicate pharmacological therapy when a person has clinical atherosclerotic cardiovascular disease, diabetes mellitus, chronic kidney disease, or an estimated 10-year cardiovascular disease risk ≥ 10%

The most current hypertension guidelines recommend combination therapy: <https://www.ahajournals.org/doi/10.1161/hyp.0000000000000065>

**Ask your health care team if a new or different combination therapy could be better for you.**