

## High Blood Pressure Treatment

In the past the treatment of hypertension or high blood pressure followed a very narrow approach. Currently, doctors are much more flexible about the way they treat hypertension or high blood pressure in their patients, preferring a much more patient-centered approach. For example, it is well-known that those people who have additional medical problems such as stroke, kidney disease, or cardiovascular damage present with their own set of individual conditions which require individualized treatment. As a result, it's important that any medical or drug treatment is carefully tailored to take into account their other conditions.

A change in lifestyle is the first treatment of choice for those suffering from hypertension. For patients who smoke, are overweight, do not exercise, or lead very stressful lives, sometimes these factors are all that need to be addressed. Once they make the requisite lifestyle alterations, their blood pressure is reduced to a more normal limit. As long as they continue with the altered lifestyle, they should not have to be concerned that their hypertension will return. However, it is still advisable to carefully monitor it on a regular basis.

Some of the medications used to treat high blood pressure include:

- \* Minoxidil
- \* Calcium channel blockers (CCBs)
- \* Diuretics
- \* Angiotensin converting enzyme inhibitors (ACE inhibitors) and angiotensin receptor blockers
- \* Beta-blockers
- \* Clonidine
- \* Alpha-blockers

Unfortunately it is often found that one drug which treats a particular disease, interacts adversely to another drug being prescribed to treat a different condition. Often the most difficult challenge is getting the right balance when prescribing medication to those suffering a variety of different medical conditions.

Clinical trials can be effective for people who find their drug regimen unsuitable. Many doctors will approach specific patients with whom they are having difficulty treating with conventional drugs, about participating in clinical trials for emerging medications. These are drugs not yet available to the general public, and it can be very tempting to try a new treatment. This may be especially so for someone who is not responding to their current treatment. Many people who have agreed to participate in clinical trials have found great success and satisfaction.