

ACE inhibitors and ARBs have been shown to be the most effective pharmacological treatment of hypertension in patients with chronic kidney disease. However, patients should not take ACE inhibitors and ARBs together to control hypertension.

African American

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African Americans develop high blood pressure earlier in life than other groups in the U.S. This is thought to be due to genetic as well as environmental factors. African Americans are more likely to develop complications due to high blood pressure, which includes an increased incidence of stroke, cardiovascular disease, kidney disease, dementia, and blindness.

Thiazide or CCB Primary

Tarzan and Calcium-cow Channel Blocks

For African American patients with hypertension, treatment should begin with a thiazide diuretic, such as hydrochlorothiazide or a calcium channel blocker. These drugs have been shown to be more efficacious than ACE inhibitors and ARBS. In this group of patients, hypertension is more severe, the onset is earlier, and is associated with increased comorbidities.