

Genetics

[Science](#), [Biology](#)



Summary: Management of Hypertension among Patients with Coronary Heart Disease This is a research article that Oladipupo Olafiranye, et al. authored. The authors discuss evidence and mechanisms that explain the link between hypertension and coronary heart disease. They also discuss available alternatives for treating hypertension and the alternatives' goals that are in line with the provisions of Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (Olafiranye et al 1).

According to the article, hypertension is an important risk factor of coronary heart disease, alongside stroke and heart failure and many Americans have hypertension. Atherogenesis and increased afterload and left ventricular hypertrophy are identified as the two ways that link hypertension and coronary heart disease. Physical activity and healthy lifestyle behaviors are some of the nonpharmacological interventions to the treatment of hypertension in patients who have coronary heart disease. The pharmacological interventions discussed are the agents of antihypertensives that include beta-blockers and angiotensin-converting enzyme. The article also proposes a combinational therapy that uses different antihypertensives and other therapies in the treatment of hypertension. It concludes that the goal of hypertension treatment should be to reduce mortality and morbidity that is caused by hypertension and coronary heart disease (Olafiranye et al 9).

This article could help researchers study the different hypertension treatment alternatives and their effectiveness. It could help doctors and nurses offer better care to patients who have hypertension. In addition, the

article establishes a basis for evidence based research and evidence based practice for managing hypertension, and is therefore applicable researchers in the healthcare profession.

Work Cited

Olafiranye, Oladipupo, Zizi, Ferdinand, Brimah, Perry, Jean-louis, Girardin, Makaryus, Amgad, McFarlane, Samy & Ogedegbe, Gbenga. Management of Hypertension among Patients with Coronary Heart Disease. International Journal of Hypertension, 2011: 1 – 6, 2011. Print. Retrieved September 25, 2014 from