



**Internal Medicine: Evidence-Based Management
of Hypertension (Audio-Digest Foundation
Internal Medicine Continuing Medical Education
(CME). Volume 59, Issue 23)**

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Purpose: Audio-Digest Foundation CME/CE activities are designed to provide its learners – physicians and other healthcare professionals – with continuing education that will help identify clinical problems in their practice settings, provide content to help to solve those problems, and increase their application of knowledge to practice.

Audio-Digest Internal Medicine is specifically designed to provide the participant with state-of-the-art information on, including, but not limited to, the diagnosis and management of:

Gastroenterology
Hematology and medical oncology
Rheumatology
Pulmonary and critical care medicine
Endocrinology
Infectious disease
Nephrology and hypertension
Cardiology
Geriatric medicine

The goal of this program is to improve the management of hypertension (HTN). After hearing and assimilating this program, the clinician will be better able to:

- 1: Avoid the use of undesirable medical combinations in the treatment of black patients with HTN.
- 2: Implement American College of Cardiology/American Heart Association guidelines for the management of HTN in patients with heart failure.
- 3: Prescribe evidence-based medical therapy for HTN with compelling indications (eg, history of myocardial infarction or stroke; high risk for coronary artery disease, diabetes mellitus, or chronic kidney disease).
- 4: Use measurement of diurnal blood pressure patterns to identify patients with HTN who are at increased risk for cardiovascular events.
- 5: Reduce the risk for hemorrhagic stroke associated with aspirin therapy.

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