Hypertension affects hundreds of millions of individuals worldwide, including 60% of those over the age of 60. Proper treatment reduces by 30% the incidence and fatality from coronary heart disease, heart failure, stroke, and kidney disease. This volume is a current, concise, and practical step-by-step guide to the diagnosis, evaluation, and treatment of hypertension. More than 50 clinical trials, common management pitfalls, and cardiovascular risk reduction measures are also described.