

Hypertension

Treatment of hypertension (HT) and road safety tips

You are considered to have hypertension if your BP is normally above **140/90 mmHg**. (Sometimes referred to as 14/9.) Measuring blood pressure is a good way of preventing HT, because HT at times has no clear symptoms.

Key points

- 1** **Controlling blood pressure** is a matter of time and effort on the part of both doctor and patient, with the aim of **finding the appropriate combination of medications**, which is not always found at the first attempt.
- 2** The **objective** of antihypertensive treatment is to **normalize blood pressure**.
- 3** **Common medications:** Beta blockers, angiotensin converting enzyme inhibitors, calcium channel blockers, diuretics, vasodilators, and central sympatholytics.
- 4** If when **starting treatment** your BP increases, do not panic and talk to your doctor. **The effects of hypotensive medication** occur slowly and treatment must be adjusted.
- 5** **Depending on the prescribed medication**, side effects that affect driving can occur, such as: nausea, sedation, constipation, dizziness, anemia, depression, peripheral vascular insufficiency, irritative cough, tachycardia, hypotension, headache, swelling in legs, etc.

Six tips for antihypertensive treatment in driving



Pharmacological treatment of HT has side effects

Talk to your doctor about potential impacts on your physical and mental capabilities.



You cannot drive

Until your response to initial or new antihypertensive treatments stabilizes.



Your doctor will assess the limitation of your ability to drive

Caused by the interaction of medications. This limitation tends to be temporary, but it can at times be permanent.



If you can drive and you begin to experience side effects from your medications while driving

Stop in a safe place as soon as possible, and seek help to visit a health center.



If you have a new treatment involving various different medications

Talk to your doctor about the potential impacts on driving. It is likely you will not be able to drive.



As a precaution

You should have a medical report in your vehicle specifying your HT pathology as well as your treatment regimen.