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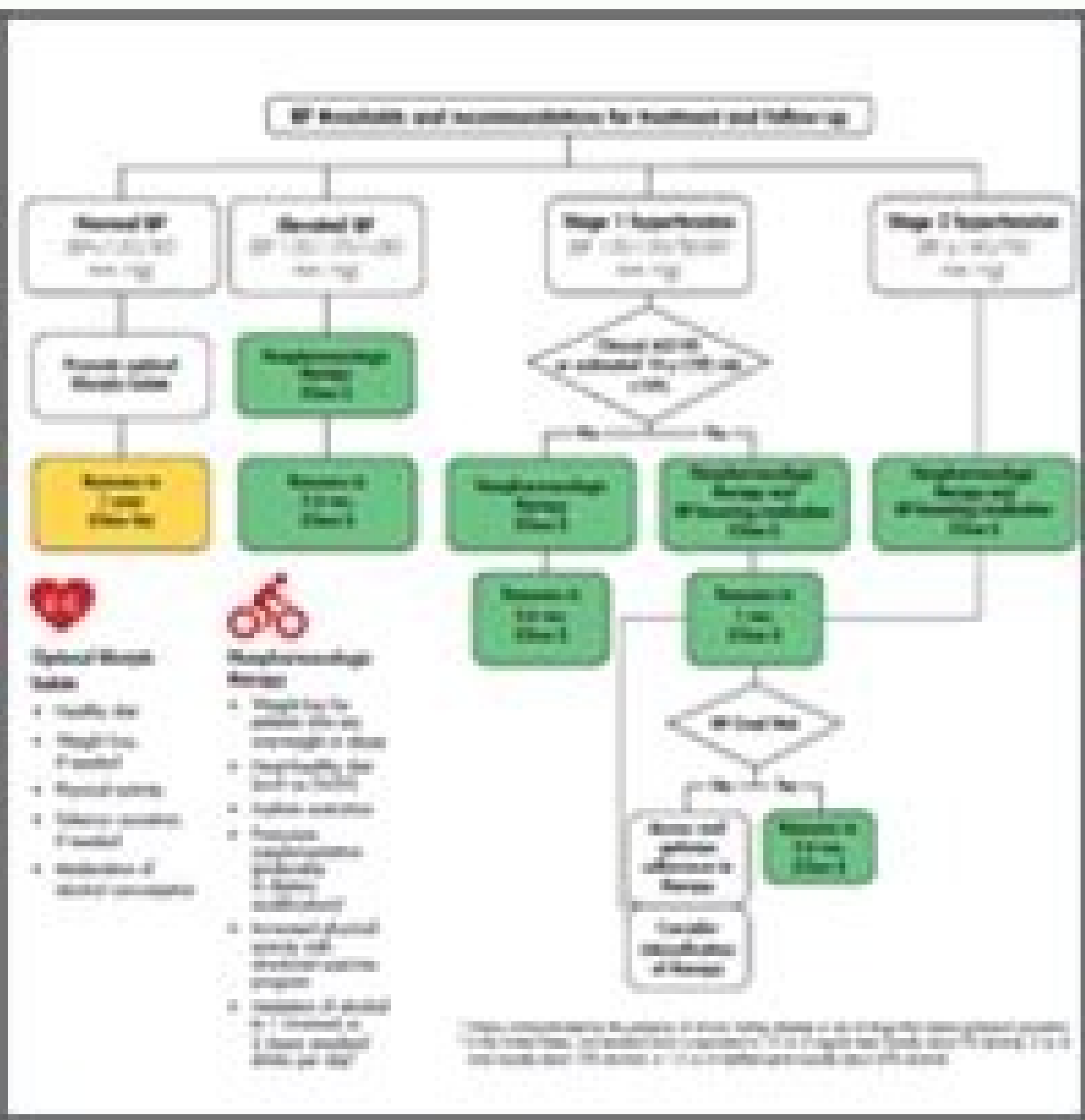


FIGURE. BLOOD PRESSURE GUIDELINES FROM THE AMERICAN HEART ASSOCIATION

Blood Pressure	Systolic mm HG	Diastolic mm HG
Normal	<120	<80
Elevated	120-129	<80
High blood pressure-stage 1	130-139	80-89
High blood pressure-stage 2	≥140	≥90
Hypertensive crisis	>180	>120

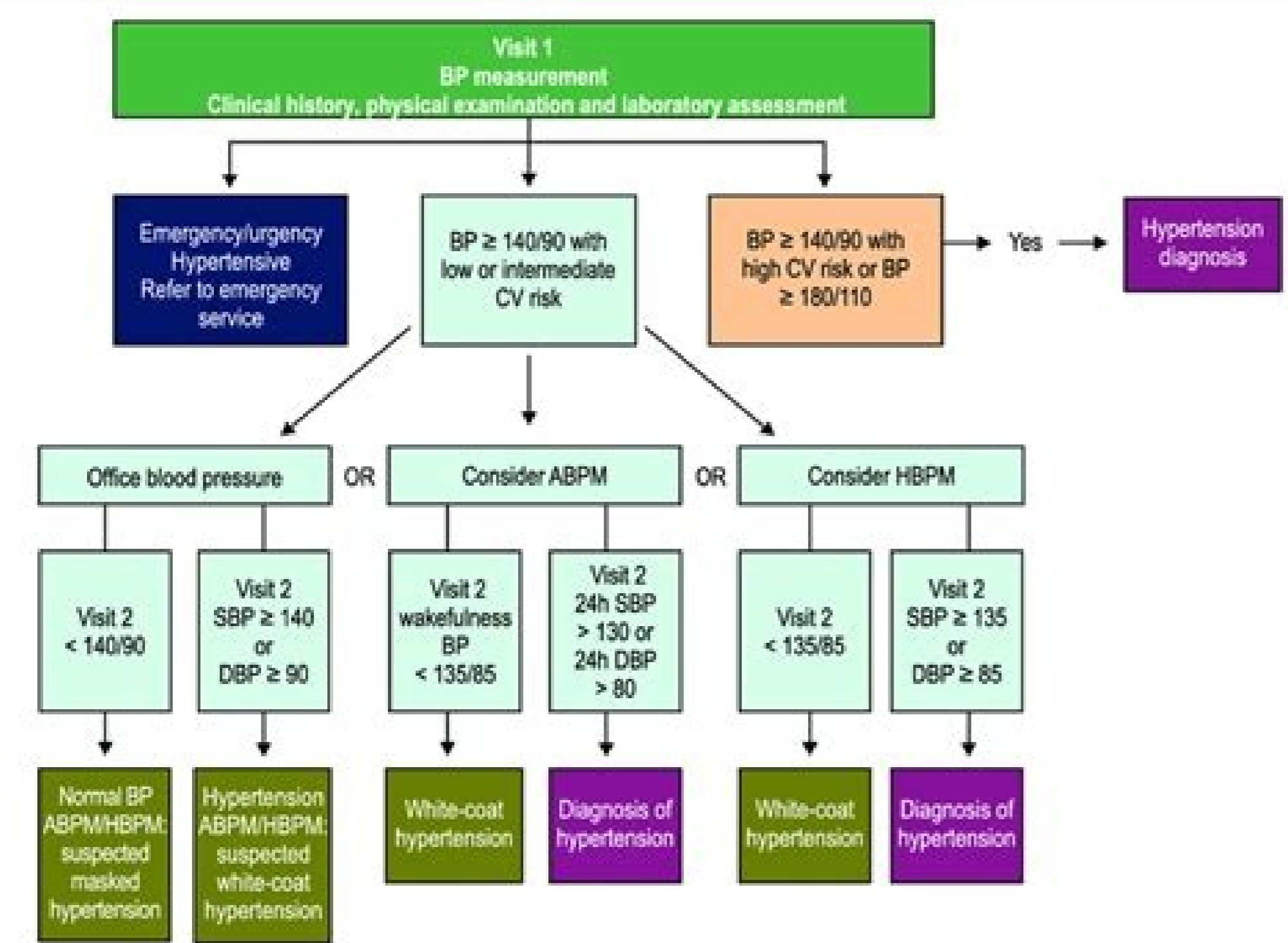
The Canadian guidelines, which are more stringent and class 1st
 • For those patients with elevated arterial blood pressure (ABP) high, 130/80 mm Hg
 • For those with high ABP, 140/90 mm Hg
 • For those with high ABP, 150/90 mm Hg
 • For those with high ABP, 160/90 mm Hg

Other dietary change

- Studies and meta analysis shows Mediterranean diet reduces CV and all cause mortality
- RCT in high risk individuals showed Mediterranean diet over 5 years resulted in 29% CV risk reduction compared with a low fat diet, and 39% reduction in stroke

Increased consumption of vegetables, fresh fruits, fish, nuts, and unsaturated fatty acids (along with low consumption of red meat, and consumption of low fat dairy products are recommended.)

Determinants of prognosis ^a (estimated 1-year mortality)	Low risk <5%	Intermediate risk 5-10%	High risk >10%
Clinical signs of right heart failure	Absent	Absent	Present
Progression of symptoms	No	Slow	Rapid
Syncope	No	Occasional syncope ^b	Repeated syncope ^a
WHO functional class	I, II	III	IV
6MWD m	>440	165-440	<165
Cardiopulmonary exercise testing	Peak V̇O ₂ >15 mL·min ⁻¹ ·kg ⁻¹ (>65% pred) V̇E/V̇CO ₂ slope <36	Peak V̇O ₂ 11-15 mL·min ⁻¹ ·kg ⁻¹ (35-65% pred) V̇E/V̇CO ₂ slope 36-44.9	Peak V̇O ₂ <11 mL·min ⁻¹ ·kg ⁻¹ (<35% pred) V̇E/V̇CO ₂ slope ≥45
NT-proBNP plasma levels ng·L ⁻¹	BNP <50 NT-proBNP <300	BNP 50-300 NT-proBNP 300-1400	BNP >300 NT-proBNP >1400
Imaging (echocardiography, CMR imaging)	RA area <18 cm ² No pericardial effusion	RA area 18-26 cm ² No or minimal pericardial effusion	RA area >26 cm ² Pericardial effusion
Haemodynamics	RAP <8 mmHg CI ≥2.5 L·min ⁻¹ ·m ⁻² SvO ₂ ≥65%	RAP 8-14 mmHg CI 2.0-2.4 L·min ⁻¹ ·m ⁻² SvO ₂ 60-65%	RAP >14 mmHg CI <2.0 L·min ⁻¹ ·m ⁻² SvO ₂ <60%



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