POTENTIALLY ELIGIBLE (Time 0)
Consent form
Males/ Females, 40 - 70 years old
Office average blood pressure: 140-159/90-99 mmHg
If diabetes mellitus: Systolic BP: >130 mmHg

LIFESTYLE MODIFICATION (Months 1 to 3)
Weight control
Dash diet like
Low sodium
Stop smoking
Physical activity

RANDOMIZATION (Month 3)
Consent form
Hypertension, stage 1 (office BP)
Blood tests
Urine analysis
ECG

FOLLOW-UP VISITS (Months 6 to 15)
Re-assessment
Office blood pressure
Side-effects

OUTCOMES (Month 18)
Blood pressure
Controlled hypertension
Adverse effects
Diabetes mellitus, microalbuminúria, LHV (ECG), hypokalemia, hyperuricemia
Cardiovascular disease