Males or females, 40 to 70 years-old, hypertension, stage 1 at the office blood pressure; no more than 1 antihypertensive, without allergy to Chlortalidone and Amiloride, no previous CHD and severe chronic disease, or pregnant women

Lifestyle modification

Hypertension

Chlortalidone (12.5 mg) and Amiloride (2.5 mg)

- Doubled dose
- + Amlodipine (5 mg)
- + Amlodipine doubled dose
- + Propranolol (80 mg)
- + Propranolol doubled dose

Losartan (50 mg)

- Doubled dose
- + Amlodipine (5 mg)
- + Amlodipine doubled dose
- + Propranolol (80 mg)
- + Propranolol doubled dose

Controlled hypertension, Diabetes mellitus, Microalbuminuria, LHV, Hypokalemia, Hyperuricemia, Adverse effects, Cardiovascular disease

Controlled hypertension, Diabetes mellitus, Microalbuminuria, LHV, Hypokalemia, Hyperuricemia, Adverse effects, Cardiovascular disease