POTENTIALLY ELIGIBLE (Time 0)
Consent form
Males/ Females, 30 - 70 years old
Office average blood pressure: 120-139/80-89 mmHg
If diabetes mellitus: Systolic BP:120-130 mmHg

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

RANDOMIZATION (Month 3)
Consent form
Prehypertension at office blood pressure
Blood tests
Urine analysis
ECG

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

OUTCOMES (Month 18)
Hypertension
Adverse events
Target-organ damage
Cardiovascular disease