Table 1. Identifiable causes of hypertension (the ABCDE mnemonic)

A	• **A**ccuracy of diagnosis • obstructive sleep **A**pnea
B	• renal artery **B**ruits (renovascular disease noise) • **B**ad kidneys (renal parenchymal disease)
C	• excess **C**atecholamines • **C**oarctation of the aorta • **C**ushing's syndrome
D	• **D**rugs (immunosuppressive agents, NSAID, COX-2 inhibitors, estrogens / oral contraceptive, weight-loss agents, stimulants, mineralocorticoids, antiparkinsonian, monoamine oxidase inhibitors, anabolic steroids, sympathomimetics) • **D**iet (high salt intake, excessive alcohol intake, obesity)
E	• excess **E**rythropoietin • **E**ndocrine disorders (phaeochromocytoma, primary and secondary hyperaldosteronism, hyper- or hypothyroidism, parathyroid disease, Cushing syndrome)

Table 2. Findings suggestive of secondary hypertension

Findings	**Disorder suspected**
Snoring, daytime somnolence, obesity	Obstructive sleep apnea
Hypernatremia, hypokalemia, increased urinary excretion of potassium	Hyperaldosteronism
Renal artery bruits, renal insufficiency, atherosclerotic cardiovascular disease, oedema, elevated blood urea nitrogen and creatinine levels, proteinuria	Renal parenchymal disease
Systolic/diastolic abdominal bruit	Renovascular disease
Use of sympathomimetics, perioperative setting, acute stress, tachycardia	Excess catecholamines
Decreased or delayed femoral pulses, abnormal chest radiograph	Coarctation of aorta

Findings	Disorder suspected
Weight gain, fatigue, weakness, hirsutism, amenorrhea, moon facies, dorsal hump, purple striae, truncal obesity, hypokalemia	Cushing's syndrome
Use of drug (immunosuppressive agents, NSAID, COX-2 inhibitors, estrogens / oral contraceptive, weight-loss agents, stimulants, mineralocorticoids, antiparkinsonian, monoamine oxidase inhibitors, anabolic steroids, sympathomimetics)	Side effects of drugs
High salt intake, excessive alcohol intake, obesity	Unhealthy diet
Erythropoietin use in renal disease, polycythemia in chronic obstructive pulmonary disease (COPD)	Erythropoietin side effect
Paroxysmal hypertension, headaches, diaphoresis, palpitations, tachycardia	Phaeochromocytoma
Fatigue, weight gain, hair loss, diastolic hypertension, muscle weakness	Hypothyroidism
Heat intolerance, weight loss, palpitation, systolic hypertension, exophthalmos, tremor, tachycardia	Hyperthyroidism
Kidney stones, osteoporosis, depression, lethargy, muscle weakness	Hyperparathyroidism
Headaches, fatigue, visual problems, enlargement of hands, feet, tongue	Acromegaly

Reference:

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2. Onusko E. Diagnosing Secondary Hypertension. Am Fam Physician. 2003; 67(1):67-74.