

# Albuminuria linked to higher nighttime SBP in hypertension

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(HealthDay)—For patients with hypertension, albuminuria is associated

with higher nighttime systolic blood pressure (SBP), according to a study published online Aug. 11 in *Diabetes Care*.

Gema Ruiz-Hurtado, Ph.D., from the Hospital Universitario 12 de Octubre in Madrid, and colleagues examined the quantitative differences in nighttime SBP across albuminuria levels in patients with and without [diabetes](#) and [chronic kidney disease](#). Data were analyzed for 16,546 patients from the Spanish Ambulatory BP Monitoring Registry cohort. Patients were classified according to estimated [glomerular filtration rate](#) (eGFR) and urine albumin-to-creatinine ratio.

The researchers observed a statistically significant and clinically substantial higher nighttime SBP for high albuminuria (6.8 mm Hg higher than with normoalbuminuria; P

"Albuminuria in hypertensive [patients](#) is accompanied by quantitatively striking higher nighttime SBP, particularly in those with diabetes with very high albuminuria and low eGFR," the authors write.

The Spanish Ambulatory BP Monitoring Registry cohort is maintained by an unrestricted grant from Lacer Laboratorie.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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