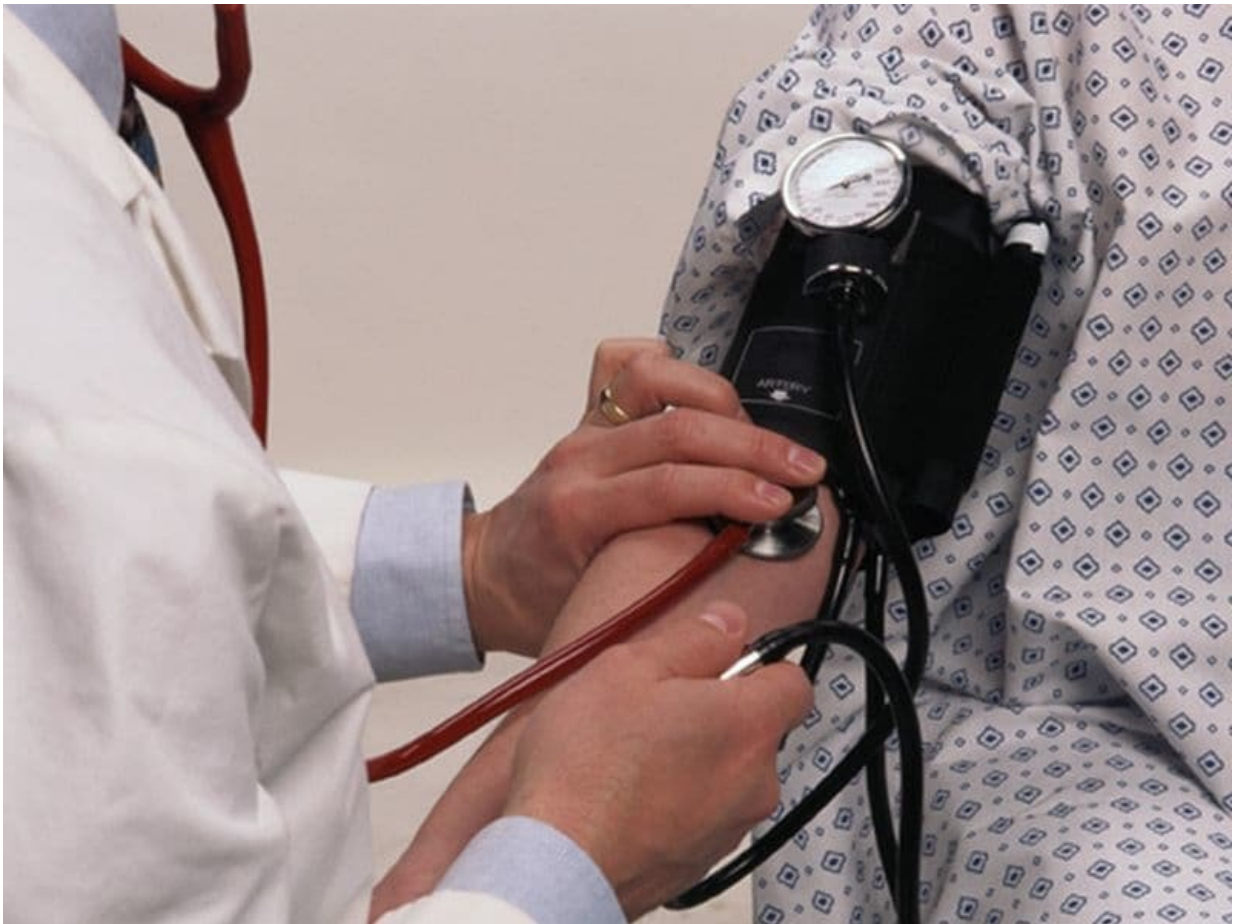


New BP treatment cutoffs may not yield survival benefit

December 27 2018



(HealthDay)—New blood pressure treatment recommendations may not

improve survival from cardiovascular disease (CVD), according to a study recently published in the *European Heart Journal*.

Seryan Atasoy, from the Ludwig-Maximilians-Universität München, and colleagues used data from 11,603 participants (52 percent men; mean age, 47.6 years) in the MONICA/KORA prospective study. The authors sought to evaluate the prevalence of hypertension and associated CVD events.

They found that implementation of the new Stage 1 cutoff (130 to 139 mm Hg systolic or 80 to 89 mm Hg diastolic) increased the prevalence of hypertension from 34 to 63 percent. Only 24 percent of Stage 2 hypertension patients ($\geq 140/90$ mm Hg) were receiving treatment. During 10 years of follow-up, there were 370 fatal CVD events. The adjusted CVD-specific mortality rate per 1,000 persons was 1.61 (95 percent confidence interval, 1.10 to 2.25) and 1.07 (percent confidence interval, 0.71 to 1.64) in Stage 2 hypertension and Stage 1 hypertension cases, respectively, compared with those with normal blood pressure. The association of Stage 2 hypertension and CVD mortality was significant in Cox proportional regression models (1.54; 95 percent confidence interval, 1.04 to 2.28; $P = 0.03$), while the association was not significant for Stage 1 hypertension (0.93; 95 percent [confidence interval](#), 0.61 to 1.44; $P = 0.76$).

"The lower BP cutoff substantially increased [hypertension](#) prevalence, while capturing a population with lower CVD mortality," the authors write.

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

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: New BP treatment cutoffs may not yield survival benefit (2018, December 27)
retrieved 19 November 2023 from
<https://medicalxpress.com/news/2018-12-bp-treatment-cutoffs-yield-survival.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.