

Hypertension facts and figures

Epidemiology

The WHO identifies hypertension as the single most important preventable cause of premature death in developed countries .

It is the most common indication for prescription drug therapy (in 2001 the NHS in the UK funded 90 million prescriptions for antihypertensive drugs at a cost of 840 million sterling).

The 1998 Health survey for England (sample size 12,000) found a prevalence of hypertension ($\geq 140/90$ or on antihypertensive medication) of 40.8% for males” and 32.9% for “females”

1\3 of those in middle age and 2\3 in old - age are hypertensive.

It occurs in association with other CV risk factors rather than isolation

Significant under diagnosis and treatment remains common .The rule of halves:

* $\frac{1}{2}$ those with BP have not been diagnosed.

* $\frac{1}{2}$ of those who have been diagnosed are not on treatment .

* $\frac{1}{2}$ of those receiving treatment do not have adequate control .

CLASSIFYING HYPERTENSION

Essential hypertension is a heterogeneous genetic and environmental condition .

Secondary hypertension implies increased BP is secondary to an underlying disorder . It accounts for 5-10% cases.

HYPERTENSION FACTS AND FIGURES

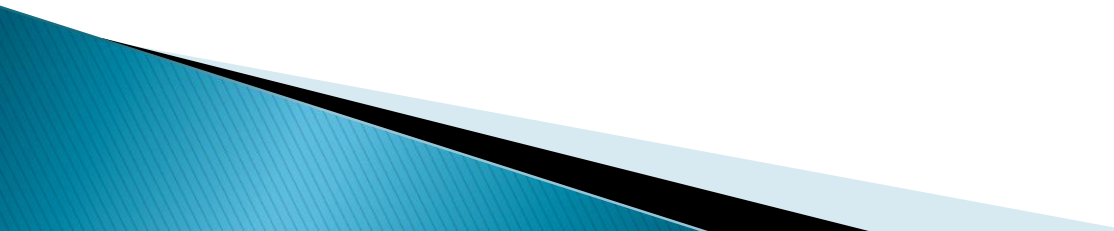
Systolic BP (SBP) increases with age until the 8th decade.

Diastolic BP (DBP) increases up to age 50, after which it remains stationary or slightly decrease .

DBP is the best indicator of CV risk <50 years . With increased age there is a shift to SBP (then pulse pressure) as the principal predictor.

Reduction in SBP of 20 mm\Hg systolic or DBP of 10mm\Hg is associated with reductions in death from stroke and IHD of 50% (slightly more in younger patients, slightly less in older) this is consistent down to 115\75_ there is no clear threshold below which further reduction in BP is no longer beneficial.

Non-pharmacological strategies (i.e. lifestyle measures) have been shown to lower BP.



Antihypertensive drug treatment not only lower BP, but also complications .

Patient education is paramount:rise in BP is an asymptomatic condition and benefits of treatment may not be immediately apparent to the patient.

THANK YOU