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Recent Updates in Hypertension Goals: What does the Physician Need to Know?

Sanjay Rajagopalan, MD FACC FAHA

Case Western Reserve School of Medicine, USA

Abstract

Elevated systolic BP was the leading preventable cause of premature death globally. A national initiative aimed at reducing the number of adult patients with uncontrolled blood pressure and improving health outcomes associated with blood-pressure control. Because, Hypertension is a primary risk factor for cardiovascular disease, including Stroke, Heart attack, Heart failure and Aneurysm. Keeping blood pressure under control is vital for preserving health and reducing the risk of these dangerous conditions.

Choice of initial medication is preferred the basis of prolonged half-life and proven trial reduction of Cardiovascular Disease, such as ARB, CCB and Thiazide-type Diuretic (Chlorthalidone). Here are key recommendations from the recent guidelines to help physicians manage their patients' high blood pressure and prevent cardiovascular disease.