

Dear Prof. ARICI,

Major Clinical Trial on Hypertension indicates the importance of intensive treatment.

It has been a while since there has been a landmark clinical trial on hypertension and I would like to bring the following important paper and accompanying commentaries to your attention:

'A Randomized Trial of Intensive versus Standard Blood-Pressure Control. The SPRINT Research Group. New Eng J Med November 9, 2015 DOI: 10.1056/NEJMoa1511939'

This study investigated the most appropriate targets for systolic blood pressure to reduce cardiovascular morbidity and mortality among persons without diabetes. The trial, funded by the NIH, showed that intensive treatment to achieve a target of systolic blood pressure of 120 mmHg rather than 140 mmHg reduced cardiovascular morbidity and death by almost 30%. This study clearly shows that more intensive blood pressure control can save lives.

Please read the paper and commentaries and look out for a report on the SPRINT study by Professors Lindholm and Poulter in the December ISH of the ISH Newsletter - Hypertension News.

Editorial Commentaries

SPRINT, or False Start, Toward a Lower Universal-Treated Blood Pressure Target in Hypertension

Murray Esler

Hypertension. Originally published November 9, 2015. doi: 10.1161/HYPERTENSIONAHA.115.06735
<http://hyper.ahajournals.org/content/early/2015/11/09/HYPERTENSIONAHA.115.06735>

Successes of SPRINT, but Still Some Hurdles to Cross

Rhian M. Touyz, Anna F. Dominiczak

Hypertension. Originally published November 10, 2015. doi: 10.1161/HYPERTENSIONAHA.115.06725
<http://hyper.ahajournals.org/content/early/2015/11/09/HYPERTENSIONAHA.115.06725>

SPRINT Trial Results: Latest News in Hypertension Management

William C. Cushman, Paul K. Whelton, Lawrence J. Fine, Jackson T. Wright, Jr, David M. Reboussin, Karen C. Johnson, and Suzanne Oparil

Hypertension. Originally published November 9, 2015. doi: 10.1161/HYPERTENSIONAHA.115.06722
<http://hyper.ahajournals.org/content/early/2015/11/09/HYPERTENSIONAHA.115.06722>

SPRINT: What Remains Unanswered and Where Do We Go From Here?

Daniel W. Jones, Lyssa Weatherly, and John E. Hall

Hypertension. Originally published November 9, 2015. doi: 10.1161/HYPERTENSIONAHA.115.06723
<http://hyper.ahajournals.org/content/early/2015/11/09/HYPERTENSIONAHA.115.06723>

Your President, Rhian

ISH Secretariat

c/o The Conference Collective Ltd

UK - Tel: +44 (0) 20 8977 7997

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