

Treatment of hypertension; target blood pressure and drug combination



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Hypertension is common with an increasing prevalence and is an important risk factor for cardiovascular disease. Previous epidemiological studies have shown a strong relationship between blood pressure (BP) and the risks of coronary artery disease, stroke, heart failure, renal failure, and death, thus mandating optimal BP management. A reliable assessment of BP is key for optimal hypertension treatment.

Lowering blood pressure is the primary goal of hypertension treatment. It leads to reduction of the hypertension-related complications including mortality. However, the target blood pressure varies among the guidelines, especially when considering the patient's age and comorbidity. Furthermore, recent trials suggest even lower target blood pressure.

As for the drug treatment, the suggested drug choices differ among the various practice guidelines. Furthermore, there exists who respond poorly to conventional medical treatment.

In this review the target blood pressure and optimal choice of antihypertensive drugs are reviewed.

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