

IMPACT OF 2017 ACC/AHA NEW RECOMMENDATION FOR BLOOD PRESSURE TARGET GOALS ON AN HISPANIC POPULATION

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BACKGROUND

The new 2017 American College of Cardiology/American Heart Association (ACC/AHA) Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults recommend 130/80 mm Hg as blood pressure (BP) target goal on hypertensive patients to account for complications that can occur at lower numbers. A considerable number of patients fail to reach BP target goal, especially on high risk populations. The new definition resulted on an increase in the number of adults above target goals.

OBJECTIVES

To determine the impact of new recommendation from 2017 ACC/AHA guideline on the prevalence of hypertension and patients above BP target goals among Hispanic patients

METHODS

Prospective, multicentre, observational registry conducted in Hispanic cardiovascular patients. The BP was measured following a standardized protocol during the visit. Patients were classified divided under BP target goals (Under-BPTG) or above BP target goals (Above-BPTG) depending on the achievement of a satisfactory SBP/DBP during treatment of hypertension according to the criteria from 2013 and 2017 ACC/AHA guidelines.

	2013	2017
Overall	30.8%	63.8%
Male	29.2%	62.1%
Female	32.2%	63.7%
<45 years	35.7%	75.7%
≥45 years	30.3%	62.6%
IBM<25	26.4%	55.4%
IBM ≥25	31.9%	66.0%
T2DM	27.7%	61.2%
Non-T2DM	32.7%	65.1%
CKD	30.4%	65.6%
Non-CKD	26.4%	60.6%
Nonpharmacological treatment	50.0%	80.1%
1 antihypertensive drug	28.7%	61.3%
2 antihypertensive drug	23.9%	60.7%
≥3 antihypertensive drug	37.0%	64.7%

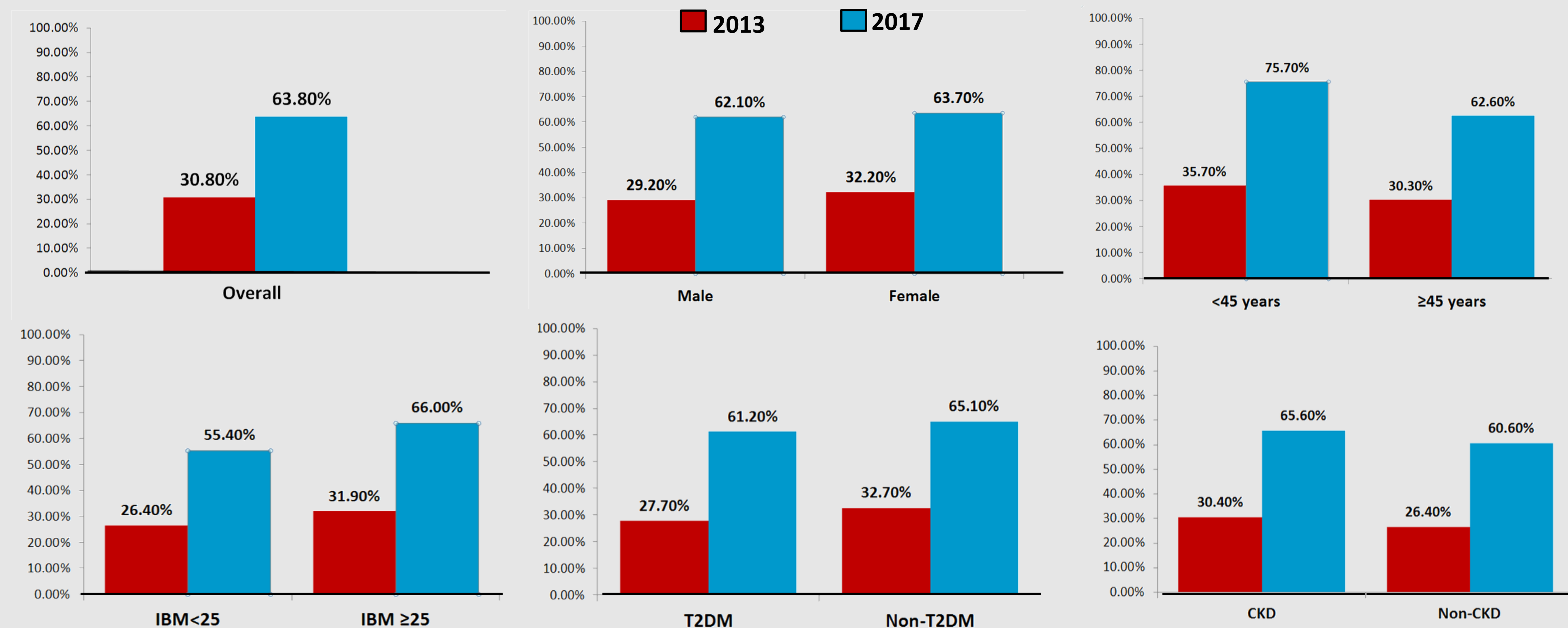
Table 1. % of patients Above BP target goals according to 2013 and 2017 ACC/AHA guidelines criteria

RESULTS

Preliminary data of the first 3771 patients included in this national registry are presented. A total of 2862(75.9%) patients had a previous diagnosis of hypertension or self-reported antihypertensive medication.

- ❖ According to the 2013 and 2017 ACC/AHA guidelines, the crude prevalence of above-BPTG in hypertensive patients was 30.8% and 63.8% respectively. Figure 1.
- ❖ Younger patients (<45 years old) had an increase rate of above-BPTG prevalence from 35.7% to 75.7% compared to patients ≥45 years old (30.3% to 62.6%).
- ❖ Patients with BMI ≥25 also showed higher proportion of increased prevalence (from 31.9% to 66.0%) than patients with BMI<25.
- ❖ The outstanding increase on the prevalence of patients Above-BPTG was also observed with other risk factors such as:(Table 1)
 - ❖ Male gender 29.2% (2013) vs 62.1% (2017)
 - ❖ Type 2 diabetes mellitus (T2DM) 27.7% (2013) vs 61.2% (2017)
 - ❖ Chronic kidney disease (CKD) 30.4% (2013) vs 65.6% (2017)
- ❖ Nonpharmacological intervention was advised in 11.7% of the patients with hypertension.
- ❖ Among patients taking antihypertensive medications the greatest increase in fail to reach target goals was observed in patients taking two antihypertensive drugs 23.9% (2013) vs 60.7% (2017)

Figure 1. % of patients Above BP target goals according to 2013 and 2017 ACC/AHA guidelines criteria



CONCLUSION

The 2017 ACC/AHA recommendations results in a substantial increase in the prevalence of uncontrolled hypertension compared with 2013 guideline, especially in younger patients as it was expected according previous reports. The increase on the prevalence of uncontrolled hypertension might lead to a more intensive BP lowering treatment to achieve the new target goals

Declaration of interest :Leslie Marisol Lugo Gavidia;Nothing to disclosure