

2018 HTN Symposium Pearls



If you don't remember anything else from today, remember these....



Pearls from New Guidelines Jeffrey Brettler, MD & Joel Handler, MD

- Goal < 140/90 for all
- Consider < 130 SBP for high risk: age 75+, CKD, ASCVD, 10% KPARE.
- Spironolactone as 4th medication; bisoprolol in place of atenolol.



Pearls from Out of Office Blood Pressure

Daichi Shimbo, MD

- Higher out-of-office blood pressure is associated with a higher risk of cardiovascular events over and above clinic blood pressure even when the measurement of clinic blood pressure is done well.
- There is currently no strong evidence that ambulatory blood pressure monitoring is superior to home blood pressure monitoring or vice versa.



Pearls from African American Hypertension Care

Ray Nanda, MD, Madalynne Wilkes, MD & Anna Khachikyan

- Patient motivation and ideas for change is more effective than the traditional directing approach
- Build Physician/Patient Partnership by understanding the patient is the major player in their own healthcare and lifestyle. Provider & patient develop treatment plan that meets the member's needs, taking into consideration any limitations and challenges.



Pearls from Challenging Cases

Maricel Pilapil-Pureza, MD & Mark Rutkowski, MD

- Always, always, always do complete history and physical.
- Check renal function about a week of instituting ACEi or ARB therapy.
- Hypertension control remains one of the most important modifiable risk factors for the progression of CKD.
- Renal artery stenosis (unilateral in solitary kidney or severe bilateral) with flash pulmonary edema and hypertension remains an indication for renal artery intervention.



Pearls from Lifestyle Interventions

Sean Hashmi, MD

- Eat mostly plants, move more, stress less.
- Salt still matters for blood pressure.
- No secret ingredient to nutrition.



Acknowledgements

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Clinical Strategic Goals

Benefits Achieved 2004 – Nov 2013

Metric	Increase	Savings Per Decade
Cholesterol control	34.9%	2,738 Lives
Blood pressure control	44.1%	6,054 Lives
HbA1C < 9.0	14.6%	1,379 Lives
Smoking cessation	17.0%	1,011 Lives
Breast cancer screening	10.3%	515 Lives
Cervical cancer screening	11.6%	116 Lives
Colon cancer screening	38.9%	6,166 Lives

Total: **17,979** Lives