Editorial

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Hypertension

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Editorial

The most important modifiable risk factor for all-cause morbidity and death worldwide is systemic arterial hypertension, which is linked to an elevated risk of Cardiovascular Disease (CVD). Hypertension is caused by a complex interaction of environmental and pathophysiological variables affecting many systems, as well as a genetic predisposition. Accurate standardized Blood Pressure (BP) measurement, assessment of patients' predicted risk of atherosclerotic CVD, evidence of target organ damage, detection of secondary causes of hypertension, and presence of comorbidities, such as CVD and kidney disease, are all part of the evaluation of patients with hypertension. Lifestyle improvements, such as dietary changes and increased physical activity, are useful in decreasing blood pressure and preventing hypertension and its CVD complications. In most patients, pharmacological therapy is quite effective at decreasing blood pressure and preventing CVD outcomes. Angiotensin-Converting Enzyme (ACE) inhibitors, angiotensin II receptor blockers, dihydropyridine calcium channel blockers, and thiazide diuretics are among the first-line antihypertensive medicines.

Chronically high blood pressure in the systemic arteries is known as systemic arterial hypertension (also known as hypertension). The Systolic BP (the pressure that the blood exerts on the arterial walls when the heart contracts) to the Diastolic BP (the pressure that the blood exerts on the arterial walls when the heart relaxes) ratio is a typical way to express blood pressure (the pressure when the heart relaxes). Hypertension can be caused by a variety of factors. The majority of individuals (90%-95%) have a complex gene-environment etiology with a very heterogeneous 'essential' or main hypertension. Patients with hypertension frequently have a favorable family history, with heritability (a measure of how much variation in a trait is related to hereditary factors) estimated to be around 50%. A total of 120 loci linked with BP regulation have been found through Genome-Wide Association Studies (GWAS), which collectively explain 3.5% of trait variance. In the era of precision medicine, these results are becoming increasingly significant as we look for new pathways and biomarkers to develop more current 'omics'-driven diagnostic and treatment methods for hypertension.

Several rare, monogenic forms of hypertension have been described (for example, the Liddle syndrome, glucocorticoid-remediable aldosteronism (a mineralocorticoid excess state), and mutations in PDE3A (which encodes cGMP-inhibited 3',5'-cyclic phosphodiesterase A), where a single gene mutation fully explains hypertension pathogenesis and indicates the best treatment modality). When hypertension is caused by another illness (for example, primary aldosteronism, pheochromocytoma (a neuroendocrine tumour of the adrenal glands or other neuroendocrine tissues), or renal artery stenosis), it is known as secondary hypertension.

Hypertension is the leading single contributor to all-cause death and disability worldwide10, and is the most common preventable risk factor for Cardiovascular Disease (CVD; including coronary heart disease, heart failure, stroke, myocardial infarction, atrial fibrillation, and peripheral artery disease), Chronic Kidney Disease (CKD), and cognitive impairment. The link between high blood pressure and an increased risk of cardiovascular disease is graded and continuous, beginning at 115 mmHg/75 mmHg, well within the normotensive range. Successful hypertension prevention and treatment are critical for lowering illness load and enhancing longevity in the global population. It's more crucial to evaluate a person's projected Atherosclerotic CVD (ASCVD) risk while treating hypertension than just their blood pressure, because people with a high CVD risk benefit the most from BP reducing medication.