

Title: Treatment of Hypertension in patients 80 years of age and older maintains its benefit in terms of both morbidity and mortality.

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Abstract: Hypertensive patients 80 years of age or older were randomized into treatment with Indapamide with or without Perindopril or placebo control to obtain a blood pressure goal of at least 150/80. Active treatment group showed a statistically significant reduction in several measured parameters, including: the rate of death from any cause, the rate of death from stroke, and the rate of developing heart failure. There was not a measured increase in the rate of significant adverse side effects with active treatment group versus placebo control.

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# Managing High Blood Pressure in Patients 80 Years of Age or Older



*"My doctor told me I have high blood pressure, but I feel fine. Do I really need to take a medication to treat it?"*

It has been known for many years that treatment of high blood pressure (hypertension) over the long term has many beneficial consequences. Treating hypertension reduces one's risk of stroke, heart disease, and dementia, along with several other benefits. There are also several different medications to treat hypertension and most of these medications are well tolerated with few, if any, side effects.

*“Now that I am 80 years old, do I still get any benefit from treating my high blood pressure?”*

As mentioned above, treatment of hypertension after its initial diagnosis has been known to be beneficial for many years, but until recently it was unknown whether treating hypertension in patients aged 80 or older had the same benefit. A recent study showed that for patients aged 80 and older, continued treatment of high blood pressure with a goal blood pressure of no more than 150/80 improved survival. It was also shown to decrease a person’s chances to develop heart failure as well as reduce the risk for having a stroke.

*“At my age, will the medication do more harm than good?”*

Actually, the same study mentioned above showed that there was not an increase in the number of side effects from the medications used for treatment of hypertension.

*“What can I do to help manage my high blood pressure?”*

There are a few steps that people can take to help manage their high blood pressure. One proven strategy is to get plenty of exercise and try to eat healthy. Also, it is important to have regular doctors appointments and also monitor your blood pressure outside of the clinic to make sure you are meeting your goal of at least under 150/80. There are often blood pressure measuring devices at local gyms, pharmacies, and grocery stores and at-home blood pressure measuring devices can be purchased as well, most often at pharmacies.

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\*\*Photos from [www.icim.ie](http://www.icim.ie) website