

# Visit-to-visit SBP variability not linked to major cardiac events

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(HealthDay)—Inadequate blood pressure (BP) control, but not visit-to-visit variability of systolic BP, is associated with major adverse cardiac events (MACE) among patients with hypertension and coronary artery disease (CAD), according to a study published in the July 15 issue of *The American Journal of Cardiology*.

Hiroyuki Arashi, M.D., from the Heart Institute of Japan in Tokyo, and colleagues examined the prognostic significance of visit-to-visit variability in systolic BP on subsequent MACE in patients with hypertension and CAD. A total of 2,049 patients were enrolled, and 1,734 patients had multiple follow-up visits (at least three) until their final follow-up.

The researchers found that the primary outcome of MACE occurred in 18.3 percent of patients during a median follow-up of 4.2 years. There was no correlation between visit-to-visit variability of systolic BP and the incidence of MACE. However, based on the mean systolic BP, the highest quartile for BP during follow-up correlated with subsequent MACE.

"In conclusion, in hypertensive [patients](#) with CAD, inadequate BP control is a strong predictor of subsequent MACE, whereas visit-to-visit variability of systolic BP is not," the authors write.

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