

# Intensive blood pressure lowering benefits patients with chronic kidney disease

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Results from a recent clinical trial indicate that intensive blood pressure lowering reduces chronic kidney disease (CKD) patients' risks of dying prematurely or developing cardiovascular disease. The findings appear in an upcoming issue of the *Journal of the American Society of Nephrology* (JASN).

The appropriate target for [blood](#) pressure in patients with CKD and hypertension has been unclear. To examine the issue, researchers analyzed information from the Systolic Blood Pressure Intervention Trial (SPRINT), sponsored by the National Institutes of Health. SPRINT, which enrolled individuals aged  $\geq 50$  years with systolic blood pressure of  $\geq 130$  mm Hg and at least one additional cardiovascular [disease](#) risk factor, compared targeting a systolic blood pressure to

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