

How low is too low? Experts debate blood pressure targets in post-SPRINT era

4 May 2018



Based on these statistically-significant findings, as well as the growing global body of evidence showing a strong association between lower systolic blood pressure targets and a reduction in cardiovascular events, an intensive systolic treatment target of

Credit: CC0 Public Domain

Following the landmark SPRINT trial, there is a growing body of evidence for reducing systolic blood pressure targets, resulting in the development of new US guidelines. However, this has led to many questions about the impact of such fundamental changes in blood pressure management, and whether they should be implemented in other constituencies. Two new studies published in the *Canadian Journal of Cardiology* assess the benefits and costs of incorporating these more aggressive goals into clinical practice.

The Systolic Blood Pressure Intervention Trial (SPRINT) published in 2015 was a randomized, controlled, open-label trial conducted at 102 clinical sites in the US. It compared an intensive [systolic blood pressure](#) target of 120 mmHg to the current standard target of 140 mmHg in individuals at high cardiovascular risk and without diabetes. It was halted early after interim analyses showed patients in the intensive arm showed a significant decrease in fatal and nonfatal cardiovascular events and death from any cause.

APA citation: How low is too low? Experts debate blood pressure targets in post-SPRINT era (2018, May 4) retrieved 19 October 2022 from <https://medicalxpress.com/news/2018-05-experts-debate-blood-pressure-post-sprint.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.