



Schweizerische Hypertonie-Gesellschaft  
Société Suisse d'Hypertension  
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Swiss Society of Hypertension

### **Hot from the Hypertensive Press**

*Short analysis of clinical studies that may change our practices in the field of hypertension*  
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### **“Arterial Hypertension in 2021”**

Every 5 years a clinical seminar on hypertension is published in The Lancet. The new one appeared one day after the World Hypertension Day, May the 17<sup>th</sup> 2021(1).

The purpose of this clinical seminar is to summarize the recommendations of the different guidelines across the world (2-5) concerning definition and treatment of arterial hypertension, identifying differences and concordances; to approach new frontiers such as the debate about Covid-19 infection and hypertension and antihypertensive drugs or the expanded research about the role of environmental as well as genetic factors in the pathophysiology of arterial hypertension. The diagnosis of secondary cause of hypertension, the different ways to treat hypertension from life style changes to device therapy as well as the timescale of treatment and follow up and the need of a multidisciplinary approach and patient involvement are also depicted.

Diagnosis and management of hypertension is still a challenging and fascinating topic in our clinical practice, which need our engagement: There is a large room for improvement, let's work together to improve blood pressure control!

- 1) Brouwers S, Sudano I, et al., Lancet 2021 Published online first on 18.5.2021
- 2) Williams B, Mancia G, Spiering W, et al. Eur Heart J 2018; 39: 3021–104.
- 3) Whelton PK, Carey RM, Aronow WS, et al. J Am Coll Cardiol 2018; 71: e127–248.
- 4) Unger T, Borghi C, Charchar F, et al. Hypertension 2020; 75: 1334–57.
- 5) Jones NR, et al, Br J Gen Pract 2020; 70: 90–91.

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