

## Hypertension: a Constant Challenge

### *Hipertensión arterial: un constante desafío*

On this occasion, the Argentine Journal of Cardiology publishes the first number specially dedicated to hypertension (HTN), highlighting the importance of this disease in the world and of course, in our setting.

According to the World Health Organization (WHO), this disease affects more than one third of the adult population aged 25 or older, which comprises nearly one billion individuals. Moreover, WHO emphasizes that HTN remains the leading cause of death worldwide, generating about 9.4 million cardiovascular deaths per year and shortening life expectancy by nearly five years. The current global prevalence is close to 30%, the highest being in Africa (46%) and the lowest in America (35%). Overall, the occurrence of HTN is lower (35%) in high-income countries than in those with middle and low income (40%) attributable to the different public policies successfully implemented and to the improved access to primary health care. In our country, data from the last National Survey of Risk Factors, led by the National Ministry of Health shows a prevalence of 34.8% in the adult population.

As a result of the global obesity epidemic and increased life expectancy, it is estimated that by 2025 there will be 60% increase in the incidence of this disease, which implies about 1,560 million hypertensive individuals in the world. Due to these projections, in the 2012 World Health Assembly, the Member States of WHO established the goal of reducing by 25% the number of premature deaths by non-communicable diseases by 2025, among which HTN stands out. This Declaration calls on countries to intensify their efforts to promote public awareness campaigns aimed at improving the prevention and control of non-communicable diseases.

Hypertension is the main risk factor for the development of cardiovascular disease and the leading cause of disability owing to stroke sequels, which together represent the leading cause of premature death and impairment.

Long-term HTN treatment has resulted in the reduction of cardiovascular morbidity and mortality and, therefore, all health policies aimed at its prevention, as well as its correct diagnosis, treatment and control are much more beneficial for patients, in terms of quality and life expectancy, and for governments, than a posteriori care of its complications.

This special issue presents six original works on

HTN, of which three are editorialized by renowned national and international experts, a review of the hot topic on renal denervation by Dr. Murray Esler, plus a video on the usefulness and protocolization of home-based blood pressure monitoring and patient information about the myths of this disease.

Following the tradition of the Argentine Council of Arterial Hypertension of the Argentine Society of Cardiology, where basic researchers and cardiologists, general physicians and nephrologists work together, the results of one year of work embodied in two original articles on basic sciences and four articles of clinical research are presented in this issue.

Dr. Yanina Santander et al., in their basic science research, evaluated the pharmacokinetic and hemodynamic profile of nebivolol in a metabolic syndrome model, and on the other hand, Dra. Carolina Caniffi et al. studied the effects of the chronic administration of C natriuretic peptide in hypertensive rats. This work has been editorialized by Dr. Laura V. Gonzalez Bosc, from the Health Sciences Center, University of New Mexico, Albuquerque, who suggests that the C natriuretic peptide has great potential to be developed as a new strategy for the treatment of HTN.

The interesting topic of pulse wave velocity and its relationship with age, treated by Dr. Alejandra I. Christen et al., provides valuable information, enhanced by the enlightening and specific editorial by Dr. Alain Simon.

The work of Dr. Eugenia Sarcona and the author of this Letter, concisely editorialized by Prof. Luis Juncos, a nephrologist with internationally recognized extensive experience, shows the relationship between pulse pressure assessed by ambulatory blood pressure monitoring and kidney damage.

The original works in this special issue are completed by Dr. Olga B. Páez et al. with the study on morning hypertension and non-dipper pattern in pregnant women with white-coat hypertension and their long term outcome; Dr. José Alfie et al., who show in their work that lack of hypertension control promotes postprandial hypotension, and Dr. María Cadenas et al. with the evaluation on the feasibility of estimating somatization risk in hypertensive patients. Furthermore, a brief communication provides the clinical experience in pheochromocytomas and paragangliomas at a hospital in the city of Buenos Aires.

Finally, the expert opinion of Dr. Murray Esler, who works in Melbourne, Australia, on the hot topic of HTN treatment with renal denervation for resistant HTN is reported in a review of the past, present and future of this procedure.

This issue is completed with a video about the usefulness of home-based blood pressure monitoring,

highlighting its protocols, and in the page dedicated to Patient Information some HTN myths are clarified.

We finally wish to thank all the authors for their commitment to the publication of this special HTN issue of the *Argentine Journal of Cardiology*.

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