Prehypertension: To Treat or Not To Treat
Should No Longer Be the Question

To the Editor:

We read with great interest the article by Selassie et al¹ that progression from prehypertension to full-blown hypertension occurs more rapidly in blacks, with 50% transitioning to hypertension within 1.7 years compared with 2.7 years in whites. Although the authors highlight the importance of controlling prehypertension, we feel that the authors missed an opportunity to stress the feasibility of using antihypertensive drugs to control prehypertension. As we argued previously,² the recommendation by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure to treat prehypertension only with lifestyle changes³ is unlikely to work. Our view that prehypertension should be treated pharmacologically is supported by a recent meta-analysis of 16 trials involving 70664 patients.⁴ This analysis found that prehypertensive patients randomized to the active treatment arm had a 22% reduction in the risk of stroke as compared with the placebo group. In addition, treatment of prehypertension with an angiotensin receptor blocker reduced the risk of incident hypertension.⁵ Thus, the debate of whether to treat prehypertension should end. Treating prehypertension is medically sound and economically viable,² and benefits of treatment are now apparent.

Disclosures

None.

References


Prehypertension: To Treat or Not To Treat Should No Longer Be the Question
Shawn G. Kwatra, Amanda E. Kiely and Madan M. Kwatra

_Hypertension_. 2012;59:e27; originally published online February 27, 2012;
doi: 10.1161/HYPERTENSIONAHA.111.190678

_Hypertension_ is published by the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231
Copyright © 2012 American Heart Association, Inc. All rights reserved.
Print ISSN: 0194-911X. Online ISSN: 1524-4563

The online version of this article, along with updated information and services, is located on the
World Wide Web at:
http://hyper.ahajournals.org/content/59/4/e27

Permissions: Requests for permissions to reproduce figures, tables, or portions of articles originally published
in _Hypertension_ can be obtained via RightsLink, a service of the Copyright Clearance Center, not the Editorial
Office. Once the online version of the published article for which permission is being requested is located,
click Request Permissions in the middle column of the Web page under Services. Further information about
this process is available in the Permissions and Rights Question and Answer document.

Reprints: Information about reprints can be found online at:
http://www.lww.com/reprints

Subscriptions: Information about subscribing to _Hypertension_ is online at:
http://hyper.ahajournals.org//subscriptions/