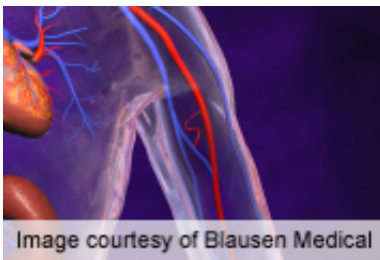


# More patients meet 2014 blood pressure goals than JNC-7 goals

November 26 2014

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(HealthDay)—A considerable proportion of patients who did not meet the Seventh Report of the Joint National Committee (JNC-7) blood pressure management goals do meet the new goals based on the 2014 expert panel recommendation, according to a study published in the Dec. 2 issue of the *Journal of the American College of Cardiology*.

William B. Borden, M.D., from George Washington University in Washington, D.C., and colleagues examined the impact of the 2014 recommendations, which suggested increasing [blood pressure](#) targets for specific patients. The authors assessed the proportion of patients who met the 2003 and 2014 panel recommendations using the National Cardiovascular Data Registry PINNACLE Registry.

The researchers found that 59.6 percent of the 1,185,253 patients in the study cohort achieved the 2003 JNC-7 goals, while 74.3 percent of

patients met the 2014 recommendation goals. Of the 14.6 percent of patients for whom goal achievement changed, 23.2 and 64.6 percent, had a prior stroke or [transient ischemic attack](#) or had [coronary artery disease](#), respectively. In this group, the Framingham risk score was  $8.5 \pm 3.2$  percent and the 10-year atherosclerotic cardiovascular disease score was  $28.0 \pm 19.5$  percent.

"If the new recommendations are implemented in clinical practice, blood pressure target achievement and cardiovascular events will need careful monitoring, because many patients for whom the target blood pressure is now more permissive are at high cardiovascular risk," the authors write.

One author disclosed financial ties to the medical device industry.

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