

New blood pressure guidelines may lead to under treatment of older adults

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A medical student checking blood pressure using a sphygmomanometer and stethoscope. Image: Wikipedia.

Approximately one-third of U.S. adults have hypertension (or high blood pressure). Treatment of this condition is essential to the prevention of cardiovascular disease (CVD), the #1 killer of both men and women in the country. In 2014, the Joint National Committee (JNC) released the eighth update to the blood pressure guidelines (JNC8P). These guidelines included a controversial decision to change the blood pressure goal for adults 60 years of age or older. The JNC8P guidelines set a less stringent goal blood pressure of $< 150/90$ mmHg for individuals 60 years of age or older compared to the previous

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