

Visit-to-visit BP variability may impact cardiovascular outcomes

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(HealthDay)—Wide blood pressure fluctuations may signal an increased risk of coronary heart disease and early death, according to research published online July 28 in the *Annals of Internal Medicine*.

Paul Muntner, Ph.D., a professor of epidemiology at the University of Alabama School of Public Health at Birmingham, and colleagues analyzed data from a major trial involving the use of antihypertensives and lipid-lowering medications. The trial involved nearly 25,814 participants. Blood pressure readings were taken at five, six, or seven visits which were conducted between six to 28 months after the start of the study.

Compared to patients whose [blood pressure](#) remained stable, the

researchers found that an average blood pressure variation of about 15 mm Hg was linked to a 30 percent raised risk of nonfatal myocardial infarction or fatal [coronary heart disease](#), and a 46 percent raised risk of stroke. In addition, the risk for all-cause mortality was increased by 58 percent.

These variations may be a sign of increasing damage to the arteries, particularly stiffening, Muntner told *HealthDay*.

More information: [Full Text \(subscription or payment may be required\)](#)

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