

# Strict blood pressure control may provide long-term benefits for kidney disease patients

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For individuals with chronic kidney disease, strict blood pressure control may help protect against premature death. That's the conclusion of a recent analysis of clinical trial data. The findings appear in an upcoming issue of the *Journal of the American Society of Nephrology* (JASN).

Blood pressure treatment targets are a subject of continued debate. Some recent clinical trials that followed participants for several years have shown that lowering systolic [blood pressure](#) to 1900 patients), the researchers found that having a lower blood pressure target than the currently guideline-recommended goal of 140/90 mm Hg was safe and associated with protection against [premature death](#). Among the subset of CKD patients with higher levels of proteinuria, this strategy also protected against kidney failure.

"The data that we provide include outcomes beyond the typical duration of clinical trials of blood pressure control and demonstrate the long-term safety of tighter [blood pressure control](#), with potential benefits from a mortality standpoint in patients with known kidney disease," said Dr. Ku.

**More information:** "Blood Pressure Control and Long-term Risk of ESRD and Mortality," August 11, 2016. [jasn.asnjournals.org/](http://jasn.asnjournals.org/)

Provided by American Society of Nephrology

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