

BP >120/80 mm hg linked to lower gray matter volume

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(HealthDay)—In young adults, lower gray matter volume (GMV) is seen

in individuals with blood pressure (BP) >120/80 mm Hg, according to a study published online Jan. 23 in *Neurology*.

H. Lina Schaare, from the International Max Planck Research School in Leipzig, Germany, and colleagues examined the correlation between BP and GMV from structural 3T T1-weighted [magnetic resonance](#) imaging of 423 healthy adults aged 19 to 40 years. Data originated from four unpublished studies; voxel-based morphometry was performed on each study separately and the results were combined in image-based meta-analyses to assess the cumulative effects.

The researchers found that lower regional GMV correlated with higher peripheral BP. Comparing individuals with subhypertension (systolic BP [SBP] 120 to 129 or diastolic BP [DBP] 80 to 84 mm Hg or SBP 130 to 139 and DBP 85 to 89 mm Hg) with those with SBP

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