

# Normalizing BP in elderly with hypertension may up mortality

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(HealthDay)—Normalized blood pressure (BP) is associated with an

increased risk for all-cause mortality for older adults during hypertension treatment, with increased risk seen in octogenarians and those with previous cardiovascular events, according to a study recently published in the *European Heart Journal*.

Antonios Douros, M.D., from the Universitätsmedizin Berlin, and colleagues examined the correlation of BP values less than 140/90 mm Hg during antihypertensive treatment with the risk for all-cause mortality in a cohort of 1,628 patients aged  $\geq 70$  years.

The researchers found that 636 of the patients exhibited normalized BP. Overall, 469 patients died during 8,853 person-years of follow-up. Normalized BP (

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