

# High blood pressure in males in late adolescence associated with later increased risk of major cardiovascular events

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A study of more than 1 million Swedish men followed for up to 50 years found that higher blood pressure (BP) at age 18 was associated with an

increased risk for major cardiovascular events later in life, including heart failure, heart attacks, strokes, and mortality. The risk for major cardiac events became elevated beginning at a BP of 120/80 mm Hg. According to the researchers, early intervention for hypertension may be critical to reducing later cardiovascular events. The findings are published in *Annals of Internal Medicine*.

Hypertension is the leading cause of cardiovascular disease (CVD) and [premature death](#) in the world. The association between BP level and cardiovascular outcomes has been extensively studied in middle-aged and [older persons](#), but not enough is known about the association between BP in adolescence and future cardiovascular events.

Researchers from Umeå University and Uppsala University studied 1,366,519 men enlisted in the Swedish military between 1969 and 1997 to measure the association between [high blood pressure](#) in adolescence and risk for cardiovascular events in adulthood. The participants' baseline BP was measured during conscription.

Using the American College of Cardiology/American Heart Association guidelines for classifying BP elevation, the baseline BP was classified as elevated at 120 to 129/

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