

高齡高血壓之治療目標與藥物

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The blood pressure treatment goal has been revised in the recently published guideline because more evidence not supporting previous guideline recommendation and more evidence supporting J-curve phenomenon had been published in the last decade. However, controversies and arguments continue in view of up-to-date evidences and public health issues. There are some reasons to support keeping conventional guideline recommendation on blood pressure target: evidence is not everything; there is no evidence supporting harms; stroke is a major concern in the Asia-Pacific region; anti-hypertensive drugs are very well tolerable; and loosening target can probably exaggerate patient and physician inertia. The BP target for the elderly is one the controversial issues in the management of hypertension. The 2014 JNC report suggested to loosen target BP to <150/90 mmHg in patients older than 60 years. However, other major international guidelines, such as 2013 ESC hypertension guideline, 2014 JSH and 2014/2015 CHEP, all suggested BP treatment target to <150/90 mmHg in patients older than 80 years. The 2015 TSOE/THS hypertension guidelines writing group strongly disagrees with the suggestion by the 2014 JNC report to raise the BP target to <150/90 mmHg for patients between 60-80 years of age. In Taiwan, we set BP targets of <150/90 mmHg in patients older than 80 years in this guideline. All anti-hypertensive drugs can be used in the elderly. However, calcium blockade, diuretics or ACEI may be considered first based on large-scale randomized controlled trials.