



Schweizerische Hypertonie-Gesellschaft
Société Suisse d'Hypertension
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Hot from the hypertensive press

Short analysis of clinical studies that may change our practices in the field of hypertension
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Sex differences in arterial hypertension

Women and men are different also when we focused on arterial hypertension.

Sex chromosomes and sex hormones influence blood pressure regulation, presence of cardiovascular (CV) risk factors and co-morbidities. The risk for CV disease increases at a lower blood pressure level in females than in men.

This consensus document by the ESC Council on hypertension together with other bodies of the ESC aim to provide a comprehensive overview of current knowledge on sex differences in essential hypertension including BP development over the life course, development of hypertension, pathophysiologic mechanisms regulating BP, interaction of BP with CV risk factors and co-morbidities, hypertension-mediated organ damage in the heart and the arteries, impact on incident CV disease, and differences in the effect of antihypertensive treatment.

As data about sex-differences in hypertension, especially evidence from specifically designed clinical trials are sparse, many questions remain up today without a convincing answer and the consensus paper highlights areas where focused research is needed to advance sex-specific prevention and management of hypertension. Enjoy reading and think about sex difference when treating hypertension!

<https://academic.oup.com/eurheartj/advance-article/doi/10.1093/eurheartj/ehac470/6711154>

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