

Which are the current blood pressure targets?

After the European and Swiss Hypertension Guidelines 2007 recommended lower blood pressure targets for patients with a high cardiovascular risk (<130/80mmHg for patients with diabetes mellitus and patients with chronic kidney disease), the current recommendations were less strict due to a lack of convincing data supporting these lower blood pressure targets. The current recommendations are:

- Generally <140/90mmHg
- For patients with diabetes mellitus and chronic kidney disease: <140/85mmHg
- For elderly patients with isolated systolic hypertension: <150mmHg systolic

In this context, the 2015 published SPRINT study caused a stir, because this study suggested lower the blood pressure target in patients with high cardiovascular risk. However, due to methodological reasons of this study, the Swiss Society of Hypertension did NOT change the current blood pressure targets.