Korean Society for Health Promotion and Disease Prevention

2021년 대한임상건강증진학회 춘계학술대회

2021. 5. 30 (일)

잘 조절되지 않는 고혈압의 관리

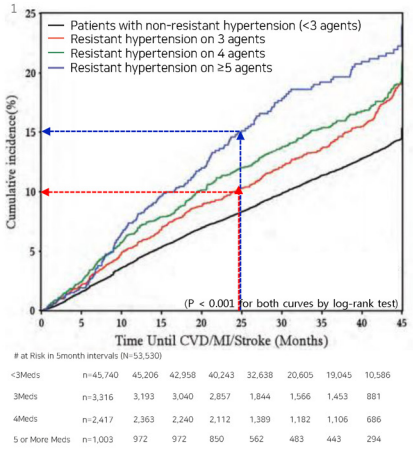
한 병 덕 (고대구로병원)

Definition of Resistant Hypertension

- **Failure to achieve goal blood pressure** (<140/90 mmHg) in spite of the

Resistant hypertension & CV Event

1



2

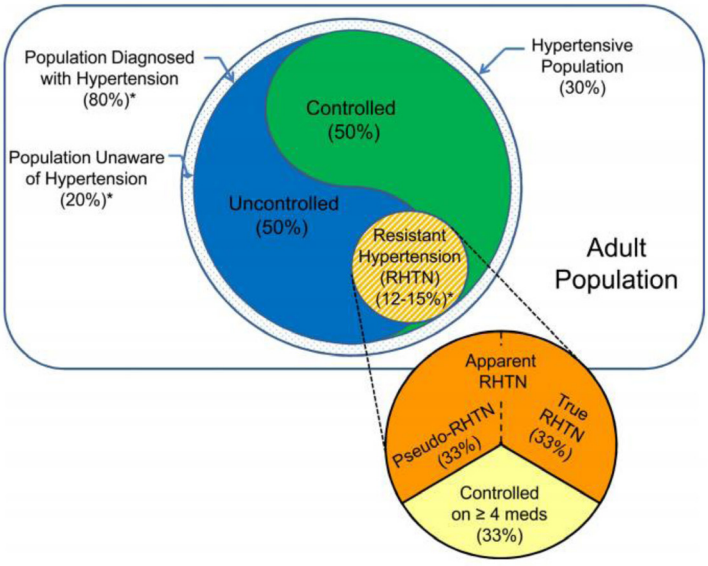
Cardiovascular Outcomes among patients in the Primary Outcomes Analysis According to Resistance Status

Outcome	Resistant	Nonresistant	Total
Death	54 (2.1)	290 (1.9)	344 (1.9)
Myocardial infarction	9 (0.4)	81 (0.5)	90 (0.5)
Stroke	15 (0.6)	76 (0.5)	91 (0.5)
Congestive Heart failure	10 (0.4)	43(0.3)	53 (0.3)
Chronic kidney disease	365(14.5)	1607 (10.4)	1972 (10.9)
Total events	453 (18.0)	2097 (13.5)	2550 (14.1)
Total patients	2521	15515	18036

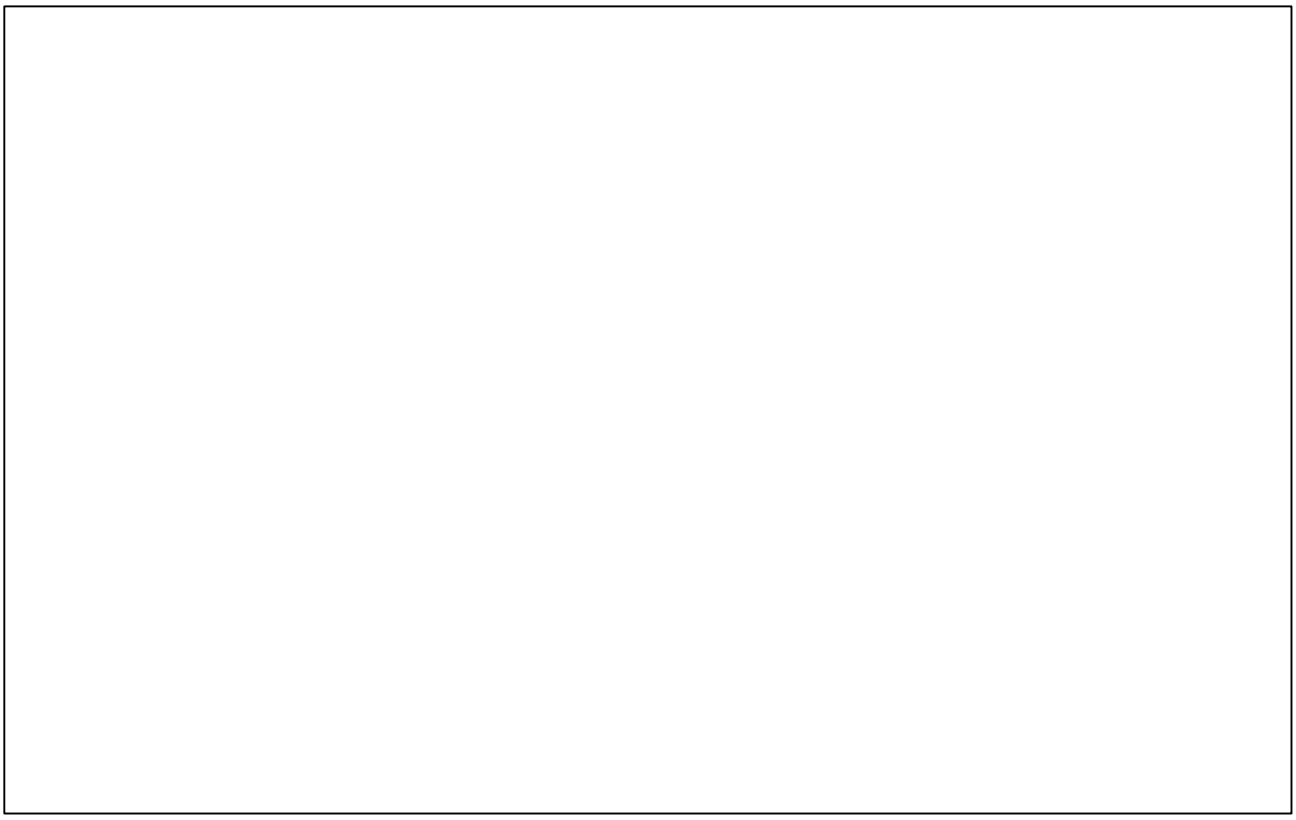
4

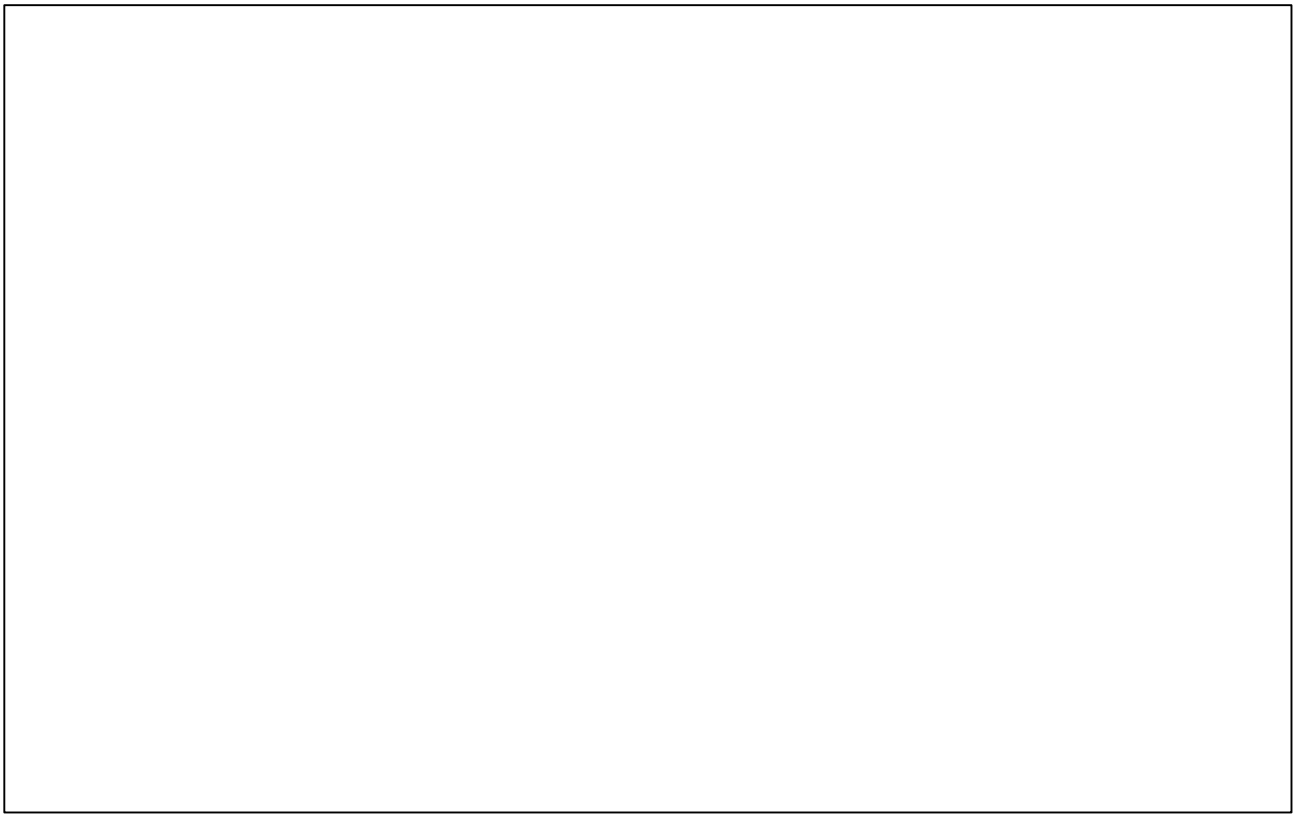
1) Circulation, Volume 125, Issue 13, 3 April 2012, Pages 1635-1642
2) International Journal of Cardiology 2017, Volume 236, 226-231

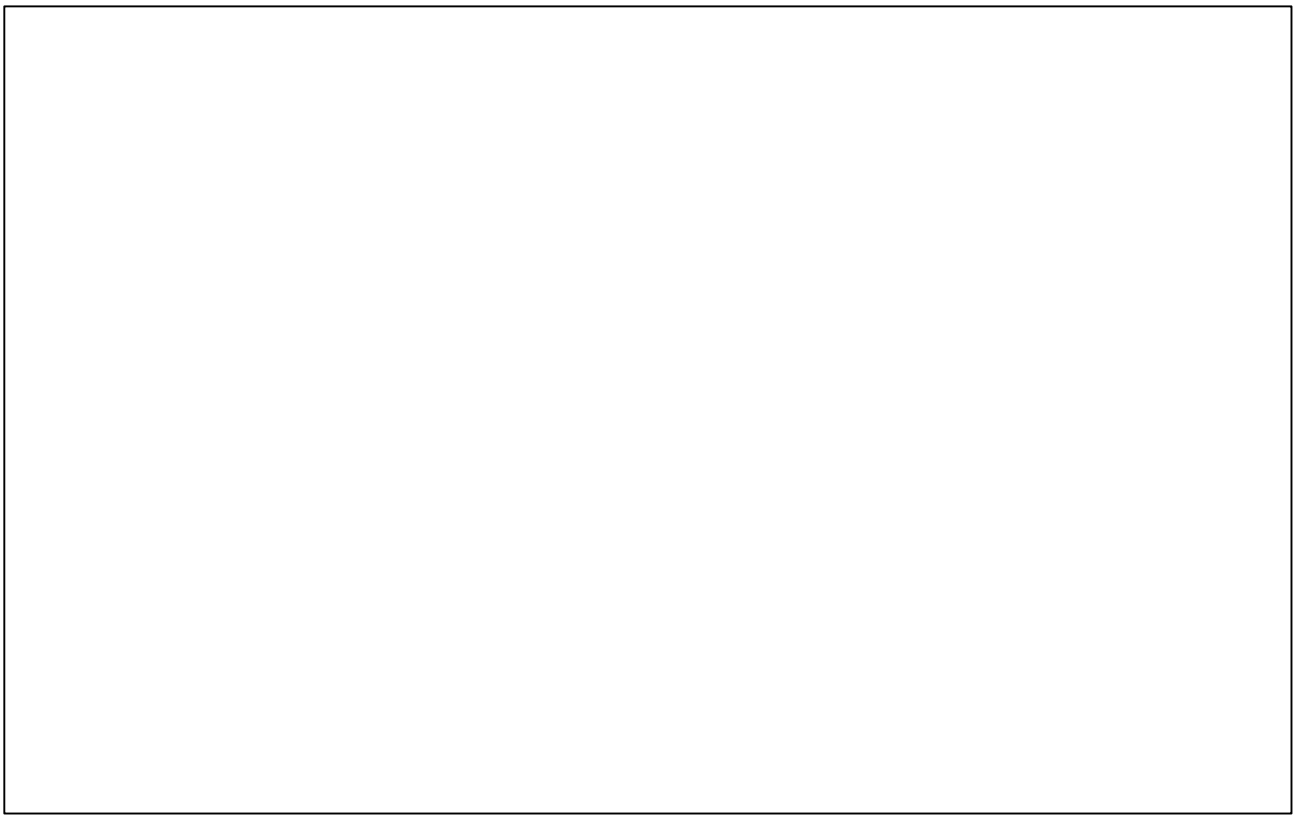
True Resistant Hypertension?

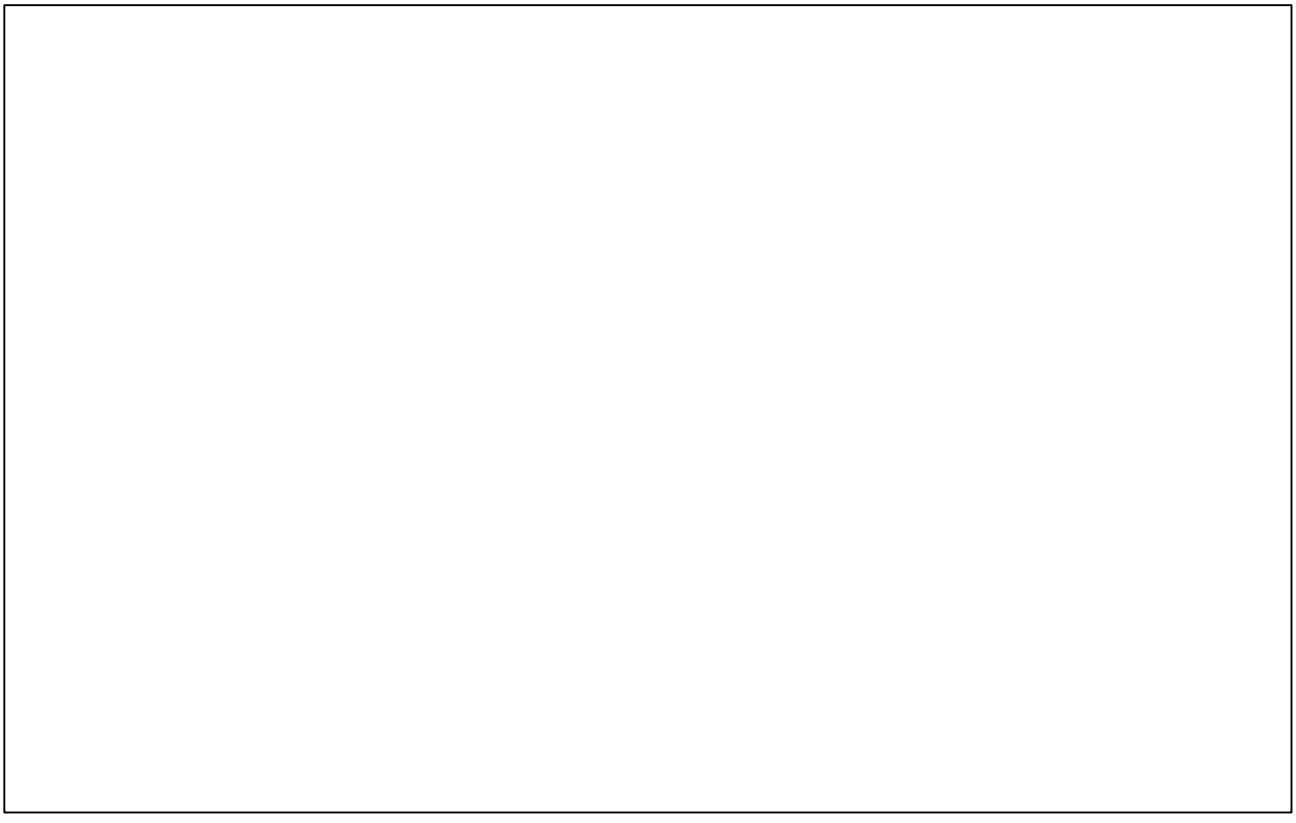


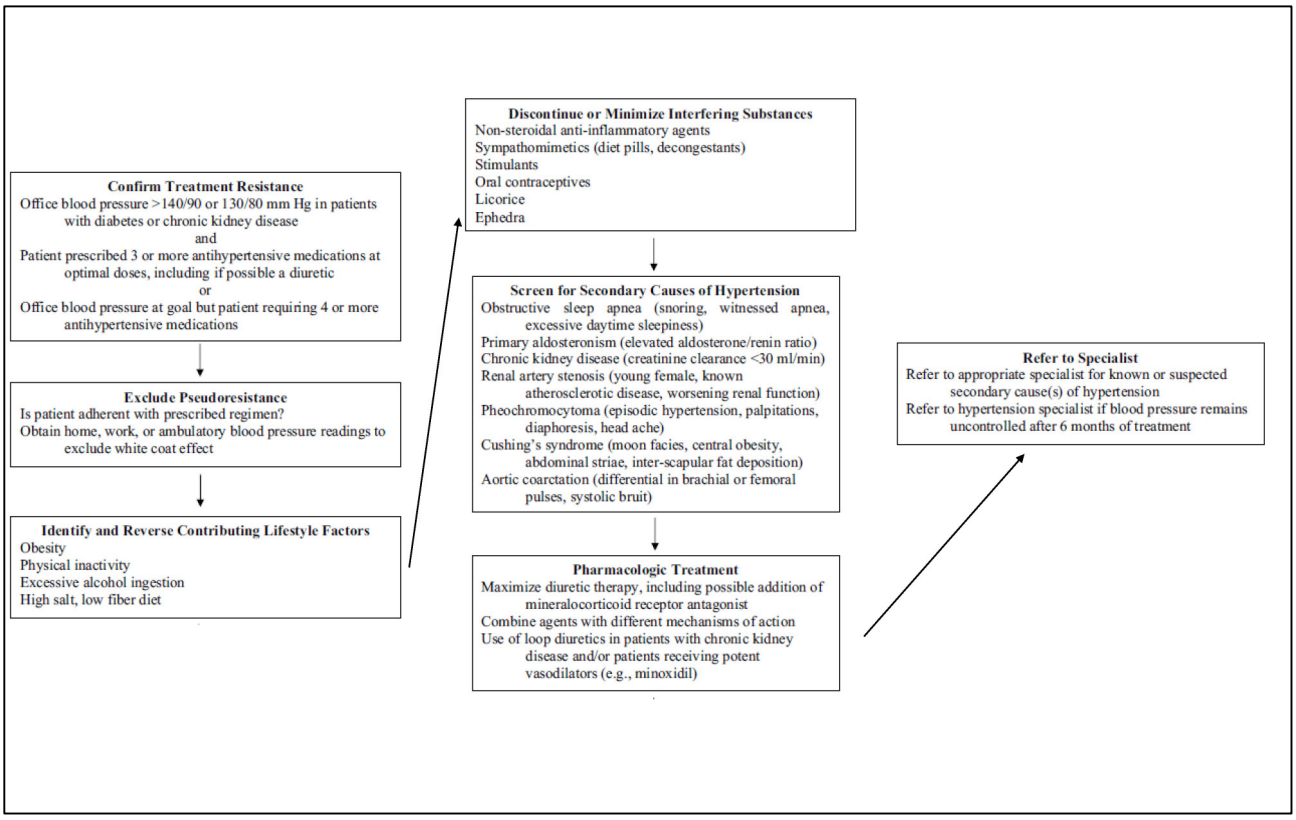
J Hum Hypertens. 2014 Aug; 28(8): 463-468.











Treatment Recommendation

복약순응도 !!!

비약물적 치료

- Weight loss
- Dietary Salts Restriction
- Increased Physical Activity
- Ingestion of a High-Fiber, Low-Fat Diet
- Moderation of Alcohol Intake

➔ 기초부터, 다시 확인

Treatment of Secondary causes of Hypertension

- Common
  - ➢Obstructive sleep apnea
  - ➢Renal parenchymal disease
  - ➢Primary aldosteronism
  - ➢Renal artery stenosis
- Uncommon
  - ➢Pheochromocytoma
  - ➢Cushing's disease
  - ➢Hyperparathyroidism
  - ➢Aortic coarctation
  - ➢Intracranial tumor

Circulation. 2008;117:e510-e526.

Pharmacological Treatment

- **Withdrawal of Interfering Medications**
- **Diuretic Therapy**
- **Combination Therapy**
- **Mineralocorticoid Receptor Antagonists**

감사합니다.