

Hypertension in chronic kidney disease: *Nephrology Dialysis Transplantation* notable 2017 advances

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INTRODUCTION

The publication in 2017 of guidelines on the assessment and management of hypertension by the American Heart Association/American College of Cardiology (AHA/ACC) redefined hypertension and reappraised the previously established blood pressure (BP) targets [1]. Stage 1 hypertension is now defined as a systolic BP (SBP) of 130–139 mmHg or a diastolic BP (DBP) of 80–89 mmHg. For those with hypertension and known cardiovascular disease or 10-year cardiovascular event risk $>10\%$, BP is now recommended to be targeted at a lower level of $<130/80$ mmHg [1]. Reclassification of hypertension in the 2017 AHA/ACC guidelines was based on clinical trial evidence showing that intensive therapy targeting a lower SBP of <120 mmHg (versus a standard SBP target <140 mmHg) is translated into improvement in 'hard' clinical outcomes [2]. Intensive BP lowering was shown to offer cardiovascular risk reduction in non-diabetic patients with chronic kidney disease (CKD) [3].

Publications in *Nephrology Dialysis Transplantation* (NDT) in 2017 in the field of hypertension in CKD add some support to these guidelines. In this editorial, we select and discuss the results of five 'landmark' studies that offer new insights and provide directions for future research in this important area.

ARTERIAL STIFFNESS IS A RISK FACTOR FOR KIDNEY INJURY PROGRESSION IN THE ELDERLY

Arterial stiffness, a consequence of vascular remodelling with ageing, is commonly recognized as an established predictor of cardiovascular morbidity and mortality [4]. Arterial stiffness mediates its adverse cardiovascular effects by enhancing flow and pressure pulsatility [5, 6]. Exposure of the vulnerable renal microcirculation to high systemic pulsatile pressure in the presence of accelerated arteriosclerosis may promote microvascular damage at the kidney level and hasten renal function decline [4–6]. The longitudinal association of arterial stiffness with the change in estimated glomerular filtration rate (eGFR) was explored in a subanalysis of 629 elderly Icelandic participants in the

Age Gene/Environment Susceptibility Reykjavik Study [7]. Arterial stiffness was assessed at baseline by measuring aortic pulse wave velocity (PWV) and augmentation index (AIx) via applanation tonometry. According to baseline characteristics, the mean age of study participants was 74.8 ± 3.7 years, 58% had a history of hypertension, 9.9% had a history of diabetes and 19.6% had an eGFR <60 mL/min/1.73 m² [7]. When eGFR was used as a continuous variable in analysis, higher baseline aortic PWV was associated with declining eGFR over a mean follow-up of 5.3 years [$\beta = -0.24$ mL/min/1.73 m²/year per 1 standard deviation higher baseline aortic PWV (95% confidence interval (CI) -0.40 to -0.08)]. This association remained significant after adjustment for age, gender, height, heart rate and baseline eGFR, but was mitigated after additional adjustment for mean arterial pressure [7]. Higher baseline AIx had no association with the change in eGFR over time. When eGFR was treated as a dichotomous variable in fully adjusted models, higher baseline aortic PWV was independently associated with 53% higher odds for a ≥ 3 mL/min/1.73 m² decline in eGFR [odds ratio (OR) 1.53 (95% CI 1.11–2.13)]. Similarly, higher baseline AIx was independently associated with 44% higher odds for a 30% decline in eGFR during follow-up [OR 1.44 (95% CI 1.03–2.00)] [7]. Although the observational study design cannot provide direct cause-effect associations, these findings support the notion that arterial stiffness is an independent predictor of eGFR decline in the elderly. If the relationship is causal, then therapies and interventions that improve arterial stiffness may also offer renal protection.

BP RECORDED IN MULTIPLE CLINIC VISITS OR DAYTIME AMBULATORY BP CAN PREDICT PROGRESSIVE TARGET ORGAN DAMAGE IN NON-DIALYSIS CKD

Therapeutic decisions on the management of hypertension are routinely based on office BP recordings obtained on a single visit at the clinic, despite the fact that BP measurements obtained in multiple visits or out-of-office BP monitoring may better detect the presence of target organ damage or provide

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