



September 17, 2015 – Grand Rapids, MI

Blood Pressure: More Drugs

Continuing our look at the SPRINT Study from [Tuesday](#), the study showed a significant reduction in mortality from cardiovascular events such as heart attacks and strokes in subjects older than 50. I can't argue that those are important results. The question is how did they do it? Here's how: The group of subjects whose target systolic blood pressure (SBP) was less than 140 were treated with an average of two antihypertensive medications. What did they do with the group whose target SPB was less than 120? They were on an average of three antihypertensive medications. They achieved the goal by giving people more drugs.



I'm not opposed to medications if someone needs them, and some forms of hypertension require meds. The real problem is that we haven't seen the data yet. This was a press release; the study won't be published until later this year or early next year. While the researchers stated it's too early to change the treatment protocol for high blood pressure, they certainly did gush over the preliminary results in the press release.

In my opinion, they skipped a critical step. I'll talk about that on Saturday.

There's still room in the [High Blood Pressure: Getting It Down](#) webinar next Monday and Thursday. If you want to know what to do to avoid antihypertensive medications, reserve your spot now. In fact, invite some friends over to watch it with you. It's that important.

What are you prepared to do today?

Dr. Chet

Reference: Clin Trials. 2014 Oct;11(5):532-46.

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