

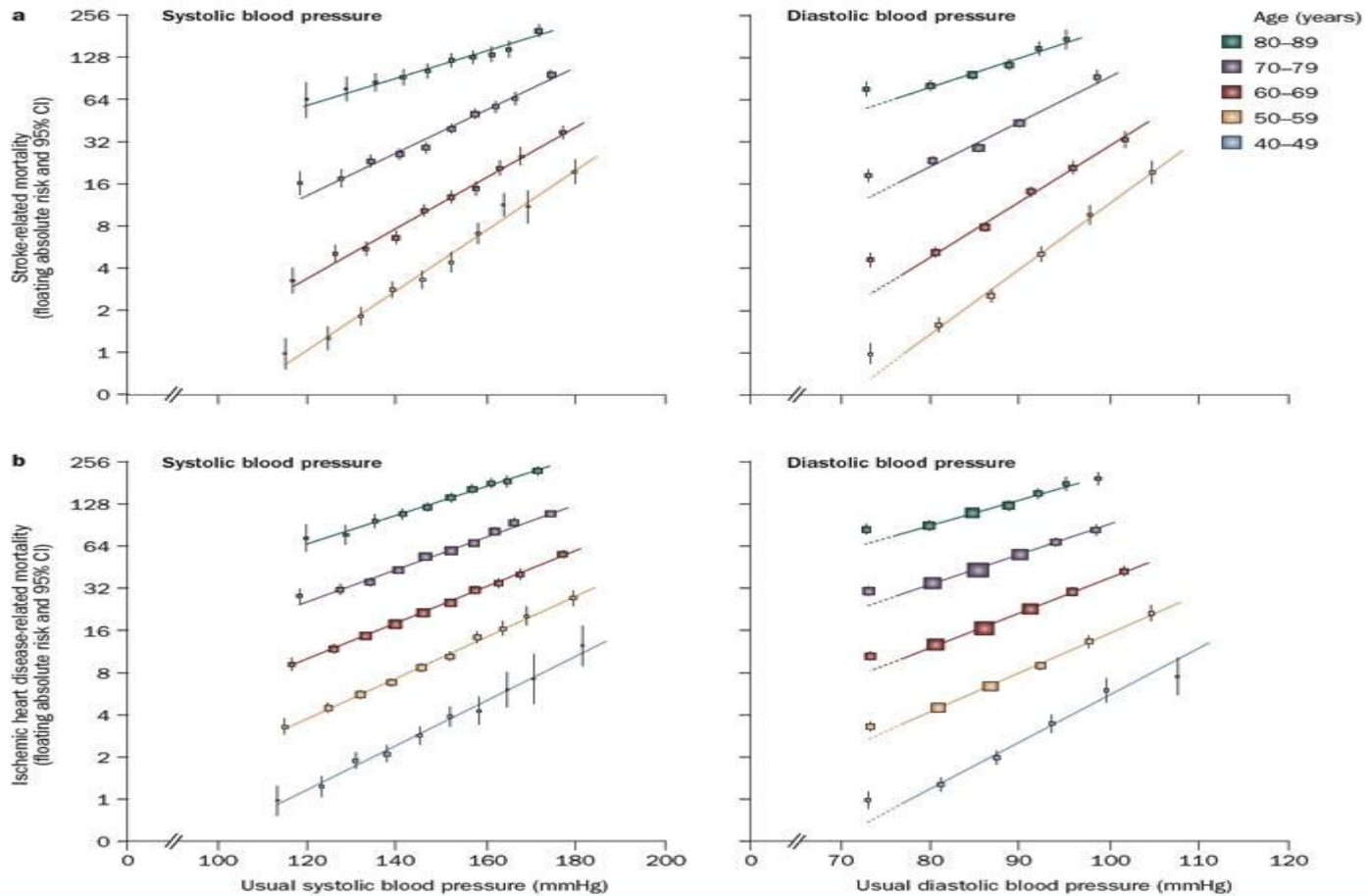
# Cardiometabolic Effects on Prehypertension

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# Prehypertension (PreHT)

- The term “Prehypertension” defined as systolic blood pressure between 120 and 139 mmHg and/or diastolic pressure between 80 and 89 mmHg.
- This BP classification was introduced by the 7th report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High BP (**JNC 7**)
- This was considered as danger zone and increased the risk toward the development of established arterial hypertension and moreover to overt CVD at later stage

# Mortality from Stroke and Ischemic Heart Diseases with Increasing Blood Pressure



Medscape

Source: Nat Rev Nephrol © 2009 Nature Publishing Group

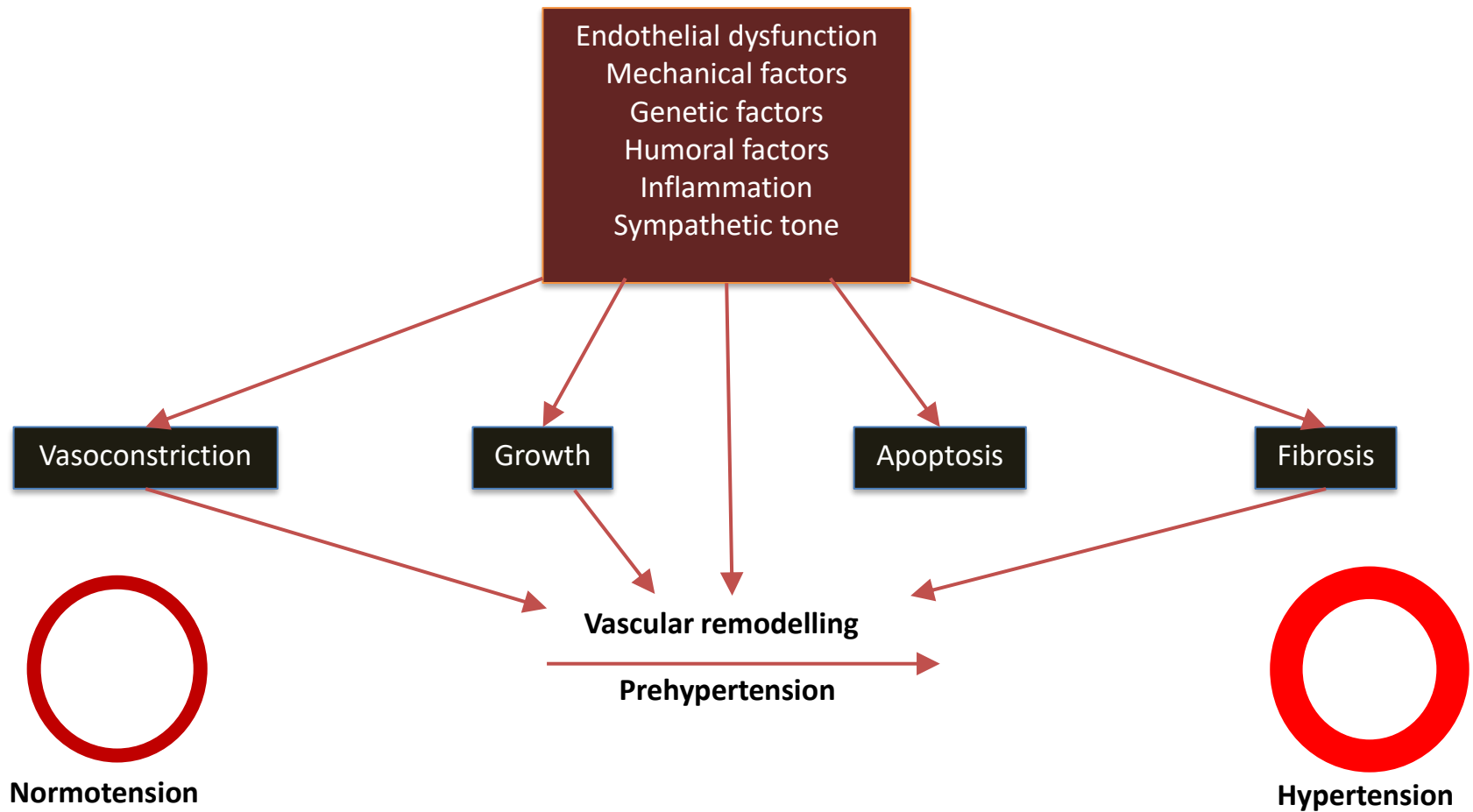
a . Stroke-related mortality  
 b . IHD-related mortality rate with BP in individual aged 40-89

## Cardiometabolic Risk Factors (CMR)

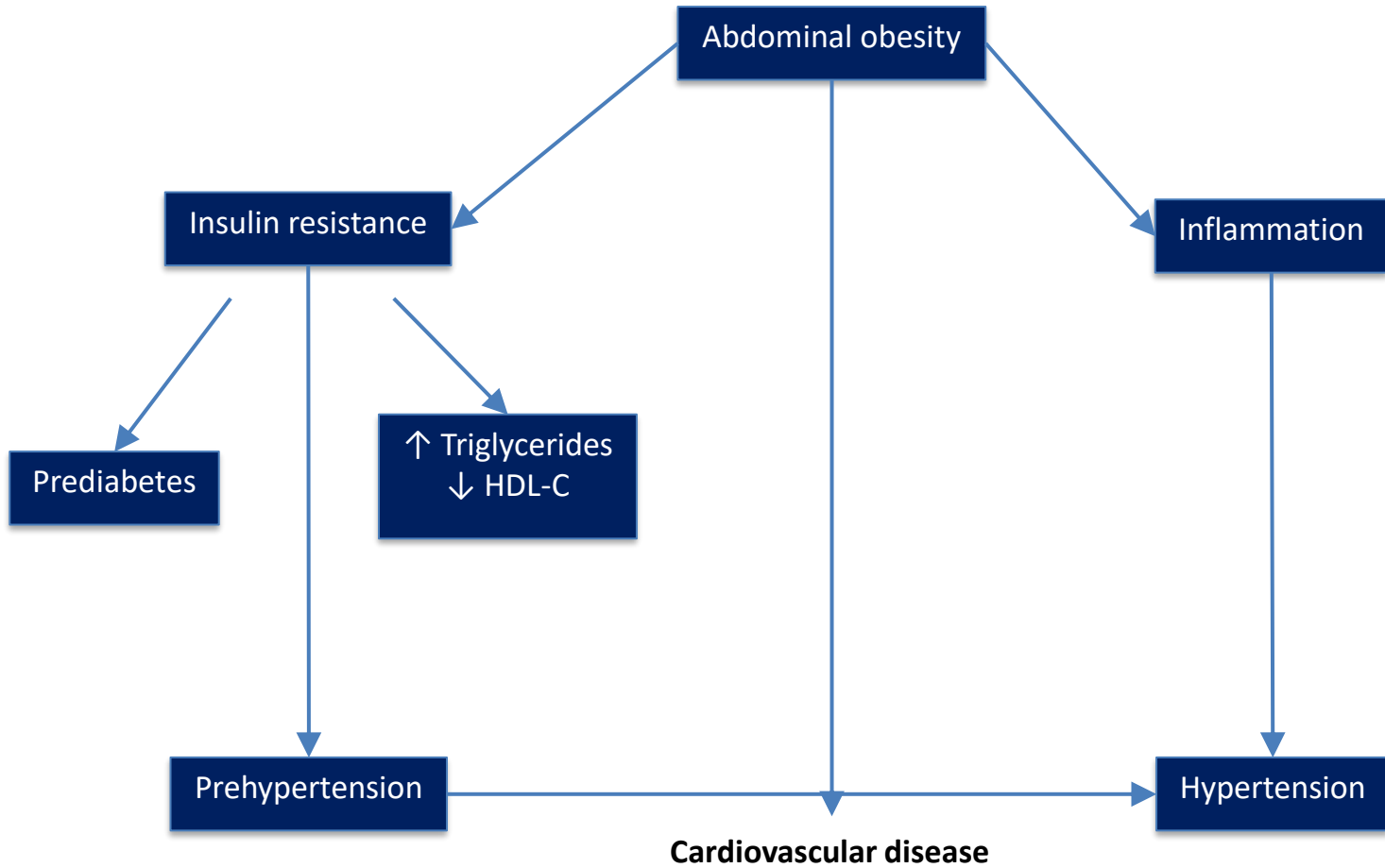
- CMR encompass a cluster of modifiable classic and emerging risk factors and markers that identify individuals at increased risk for CVD and type 2 DM
- CMR includes factors of metabolic syndrome, in addition to four other factors : smoking, elevated LDL-C, inflammatory markers and insulin resistance
- Central obesity, hyperglycemia, insulin resistance, dyslipidemia and hypertension were also known as CMR

*e-Journal of ESC council for Cardiology Practice vol5 2007;*  
<https://files.me.com/balmustafa/o0p0r545>; *BMJ Open 2019*  
[MDMET-HND-AMH-0912](#) *Health Dialog 2009*;

# Mechanism Involved in Vascular Remodeling in Prehypertension



# Cardiometabolic and Prehypertension, and The Link with CV Disease



Thank You