

# **The Important Components of Disturbed Circadian Rhythm and Clinical Impact**

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**Erwinanto MD**

**Department of Cardiology and Vascular Medicine**

**Division of Cardiovascular Department of Internal Medicine**

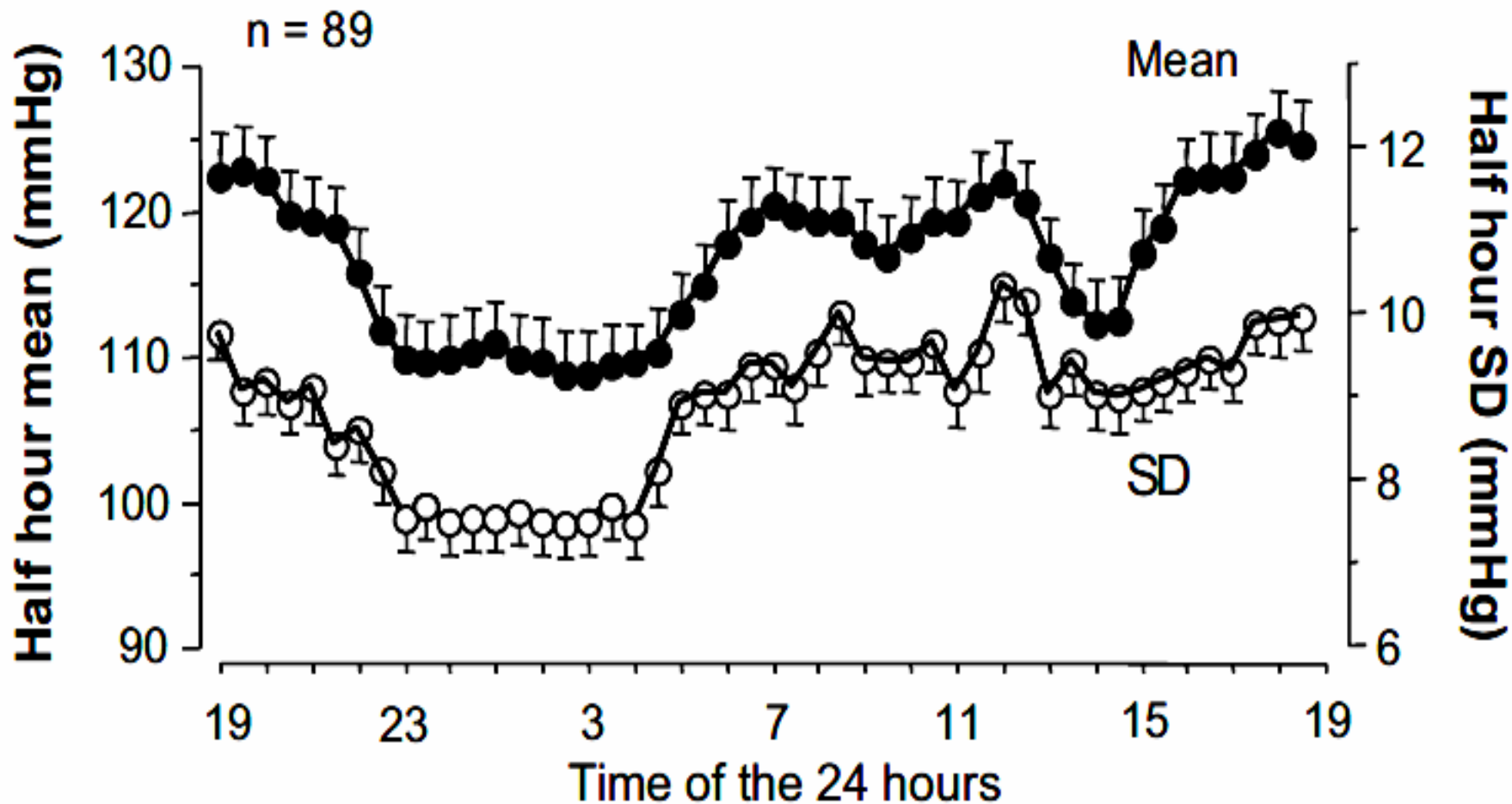
**Faculty of Medicine Universitas Padjadjaran**

**Dr. Hasan Sadikin General Hospital**

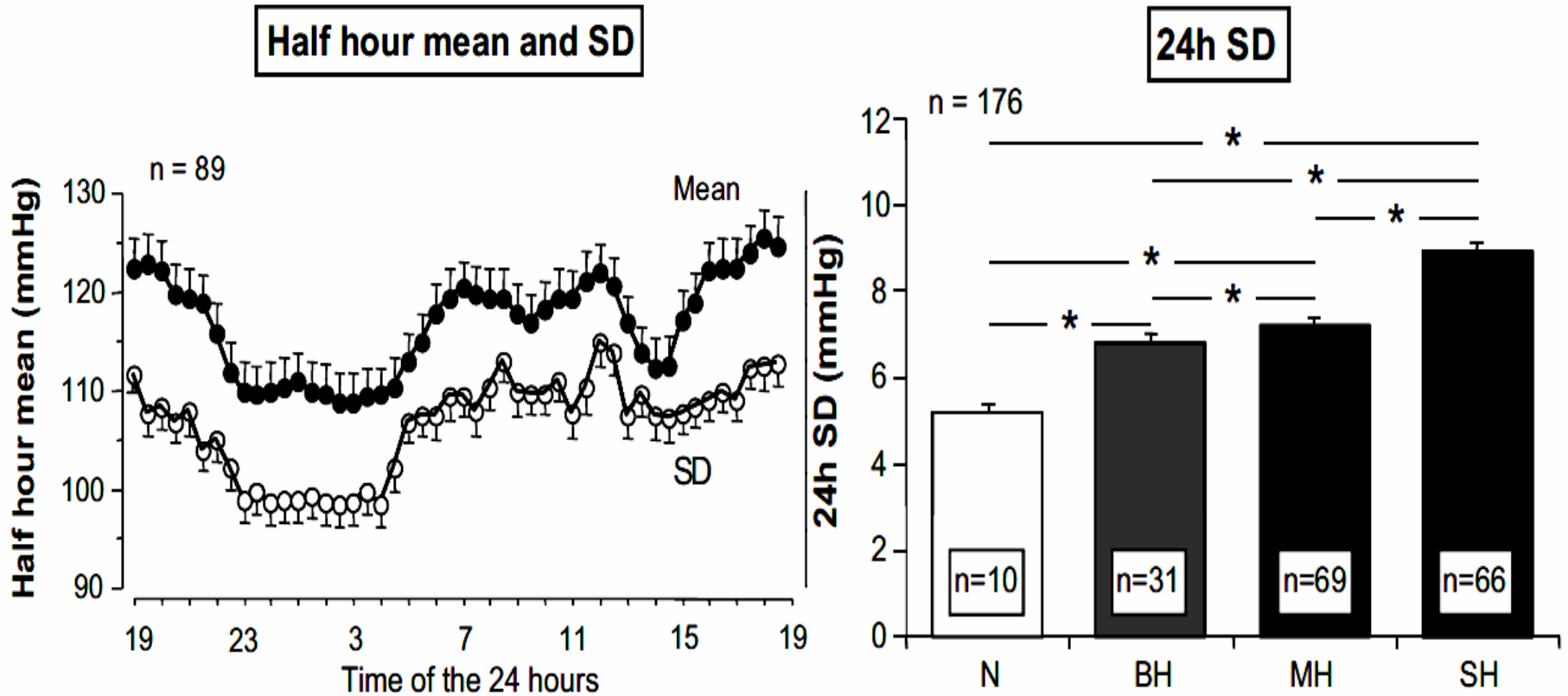
**Bandung - Indonesia**



# Circadian rhythm in persons who are active during daytime and inactive during nighttime



# Mean Arterial Pressure and Standard Deviation for 24-Hour BP Monitoring in Normotensive and Hypertensive Subjects



N = normotensive; BH = borderline hypertension; MH = moderate hypertension; SH = severe hypertension

# **Within-Subject Blood Pressure Level—Not Variability—Predicts Fatal and Nonfatal Outcomes in a General Population**

**Rudolph Schutte, Lutgarde Thijs, Yan-Ping Liu, Kei Asayama, Yu Jin, Augustine Odili, Yu-Mei Gu, Tatiana Kuznetsova, Lotte Jacobs, and Jan A. Staessen**

**Blood pressure variability did not contribute to risk stratification over and beyond mean systolic BP**

# European Society of Hypertension Position Paper on Ambulatory Blood Pressure Monitoring

<b>Nondipping</b>	<b>Poor cardiovascular risk</b>
<b>Rising (reverse dipping)</b>	<b>Poor cardiovascular risk</b>
<b>Extreme dipping</b>	<b>Debatable cardiovascular risk</b>
<b>Nocturnal hypertension</b>	<b>Increased cardiovascular risk –may indicate obstructive sleep apnea</b>
<b>Morning BP surge</b>	<b>Definitions, thresholds, and prognostic impact debatable</b>