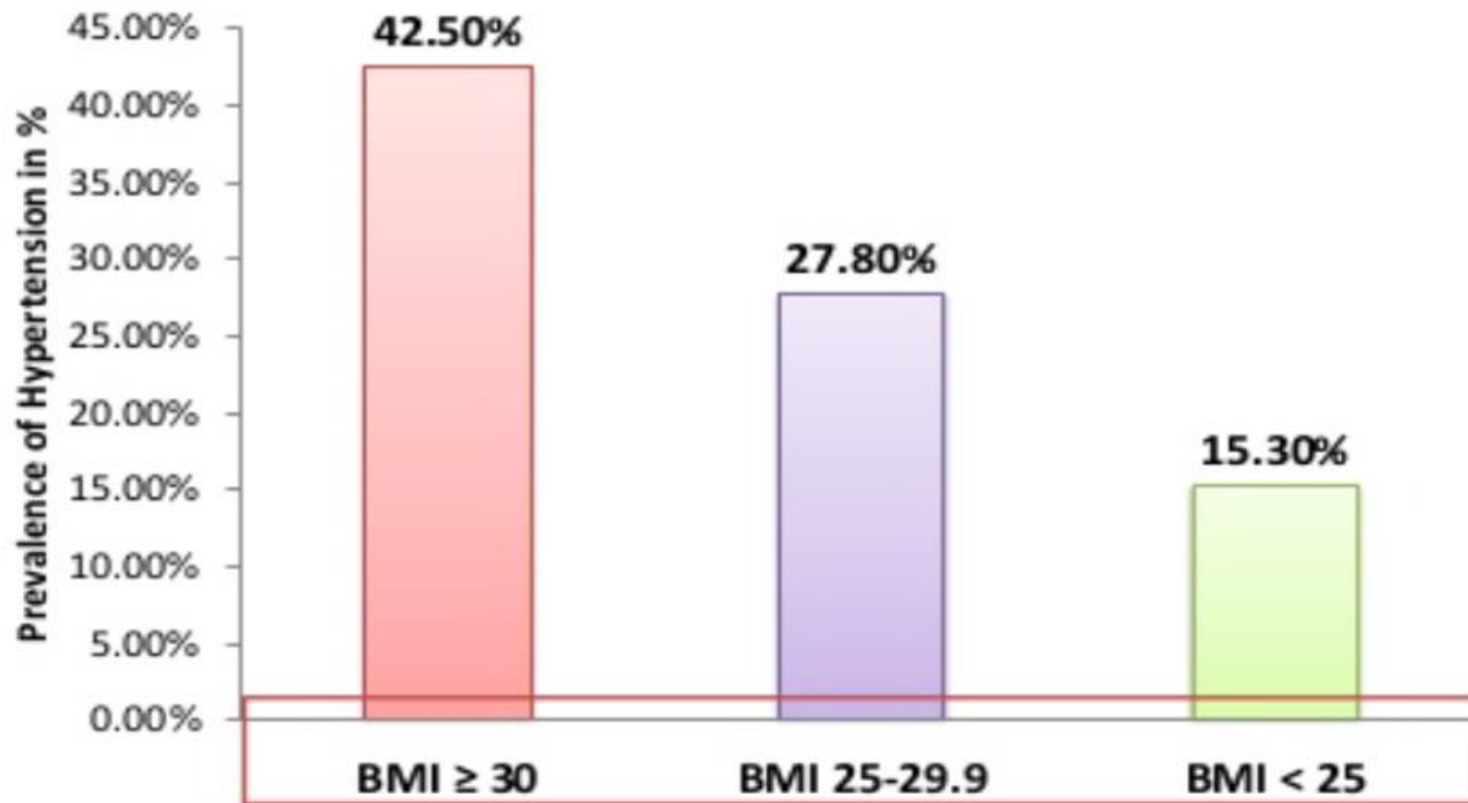




Breaking the Link between Obesity and Hypertension

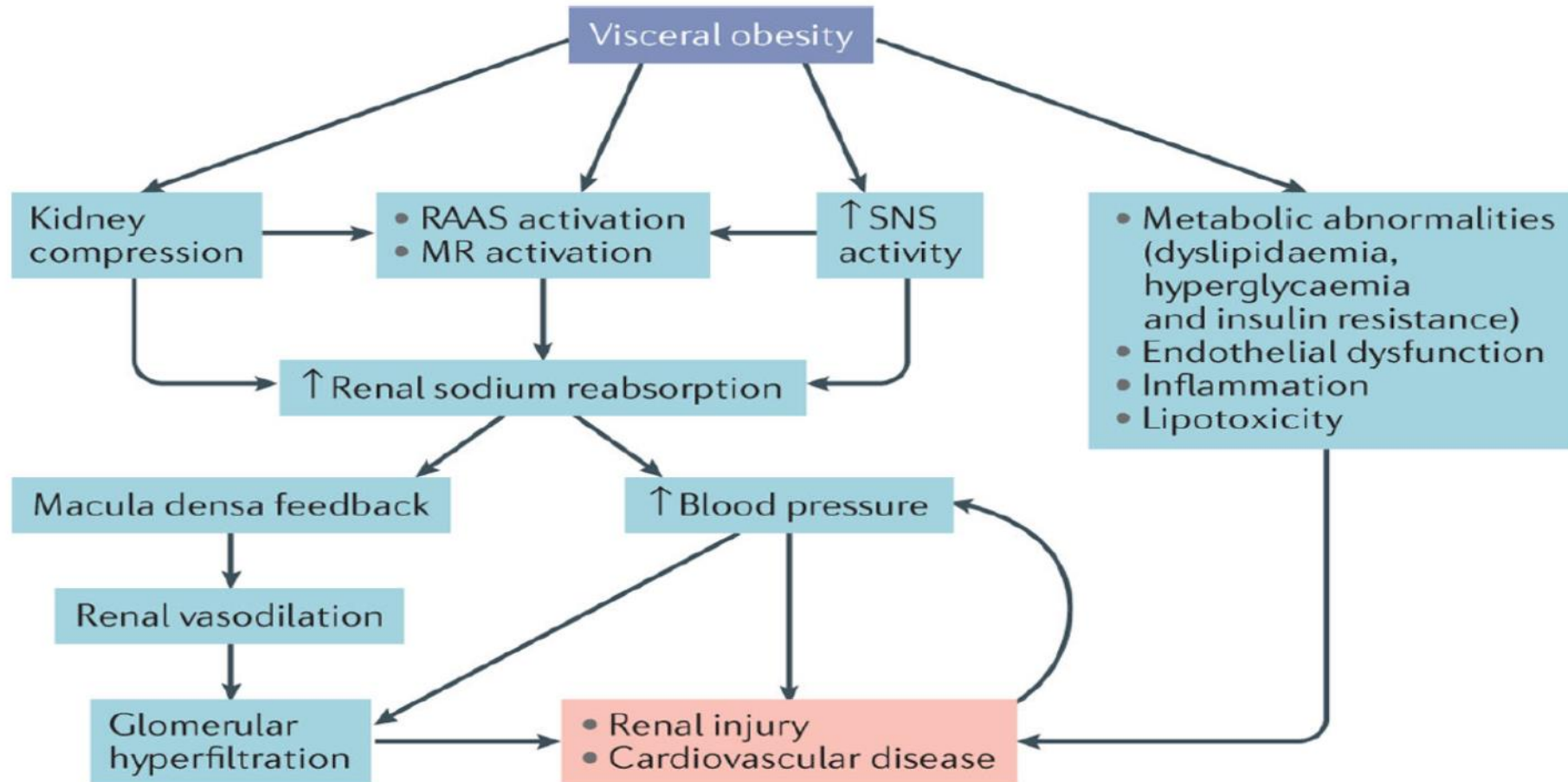
P Tedjasukmana
Division of Cardiology RS Grha Kedoya
Jakarta
15th InaSH 2021
How To Session, 28th February 2021

Hypertension in Obesity: Prevalence



J Clin Hypertens (Greenwich). 2014 Jan;16(1):14-26

Summary : Mechanism Obesity-induced Hypertension



Treatment of Obesity-Related Hypertension

**The ESH/ESC guidelines 2018
Recommend that weight reduction
or weight stabilisation should be
instituted in overweight patients**



TREATMENT OF
OBESITY-RELATED
HYPERTENSION

Lifestyle management

- Weight loss
- Salt restriction
- Physical activity
- Alcohol
- Smoking

Pharmacological therapy

- RAAS Inhibitors
- CCB
- Diuretic
- Beta-blocker
- Anti-obesity drugs


















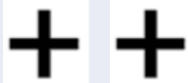
Antihypertensive Drugs in Obesity

- Potential benefits vs drawbacks
- Different aspect associated with obesity hypertension, such as elements of the MetS: glucose intolerance, diabetes, dyslipidemia

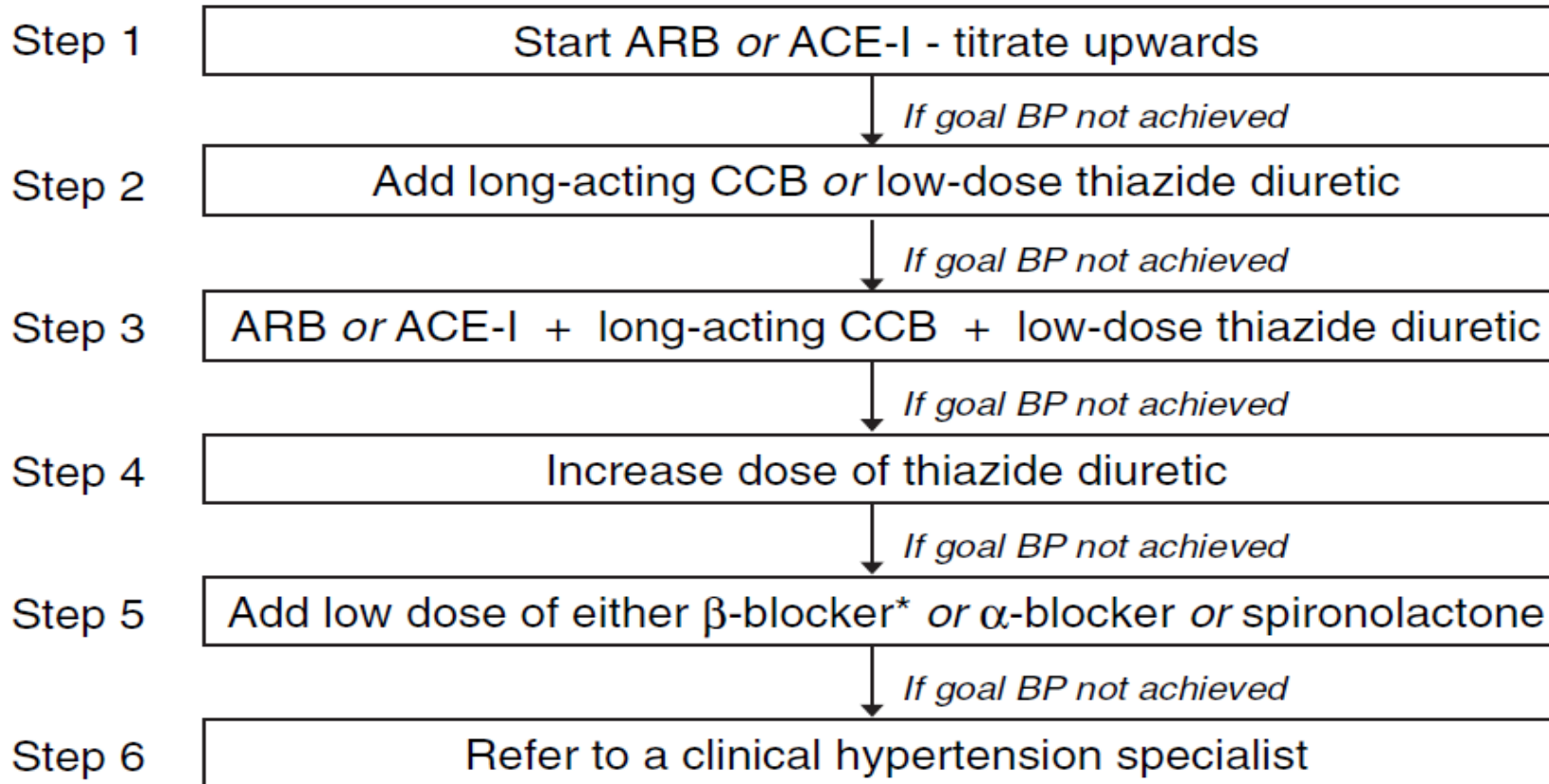


Growing evidence of potential benefit of RAAS blocker Agent

Different effects of Antihypertensive Agents

	Weight gain	Insuline Resistance	Dyslipidemia	↓ LVH
Thiazide type diuretic				
Beta Blocker				
RAAS Blocker				
CCB				

Proposed algorithm for achieving target blood pressure goals in obese hypertensives



* do not combine with non-dihydropyridine CCB (verapamil or diltiazem)