In This Issue of JAMA

Hypertension as a Global Challenge
Two special cover illustrations were created to bridge the concepts of the systemic nature of hypertension in the individual and the global nature of hypertension as a public health issue.

Research

Inorganic Nitrite for Heart Failure

The conversion of inorganic nitrite to nitric oxide is facilitated during exercise. In a randomized trial of 105 patients who had heart failure with preserved ejection fraction, Borlaug and colleagues found that administration of inhaled inorganic nitrite for 4 weeks, compared with placebo, did not result in significant improvement in exercise capacity.

_opinion

Viewpoint

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Cover Illustrations

Our readers will receive 1 of the 2 versions of the cover illustration in print.
Illustrations by Nicholas Reback, MA.
Special thanks to Gregory Curfman, MD, for concept and content review.

Young Adult Blood Pressure and Heart Disease in Midlife

It is not clear whether young adults classified as having hypertension under current guidelines are at increased risk of cardiovascular disease. Yano and colleagues followed 4851 participants aged 18 to 30 years and found that young adults with stage 1 and stage 2 hypertension, as defined by the 2017 ACC/AHA guideline, had greater risk for subsequent cardiovascular disease events than young adults with normal blood pressure. In an Editorial, Vasan suggests that investigating subtypes of hypertension in young adults may facilitate treatment decisions.

* Editorial 1757
* CME jamanetwork.com/learning  Visual Abstract jama.com

Related Article

1783

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Hypertension in Young Adulthood and Cardiovascular Disease

Hypertension is a modifiable risk factor for cardiovascular disease (CVD), but it is unclear whether hypertension in young adulthood is associated with CVD in later life. In a population-based cohort study of 2,488,101 men and women aged 20 to 39 years, Son and colleagues found that stage 1 hypertension was associated with an increased risk of subsequent CVD events.

Changes in Cardiovascular Risk Factors and Disease Events

Better cardiovascular health is associated with a lower incidence of cardiovascular disease, but it is unclear whether changes in cardiovascular health are associated with changes in morbidity and mortality. In a prospective cohort study of 9256 adults without prior cardiovascular disease, van Sloten and colleagues found no consistent relationship between changes in cardiovascular health and the risk of cardiovascular disease.

Out-of-Office Blood Pressure Monitoring

Ambulatory blood pressure monitoring and home blood pressure monitoring can be useful in the clinical management of hypertension for selected patients. This JAMA Insights article by Melville and Byrd discusses the application of out-of-office blood pressure monitoring.

Masked Uncontrolled Hypertension

This JAMA Diagnostic Test Interpretation article by Polonsky and Bakris presents a 65-year-old woman treated with antihypertensive medications who was concerned about fluctuations in her blood pressure. A 24-hour ambulatory blood pressure monitor measured sudden increases in blood pressure associated with an episode of anxiety and consumption of a high-salt breakfast. What would you do next?

Editor’s Audio Summary

Gregory Curfman, MD, summarizes and comments on this week’s issue.

Visual Abstract

“Effect of Inorganic Nitrite vs Placebo on Exercise Capacity Among Patients With Heart Failure”

Author Video Interview

Conversation between Rafael Campo, MD, and Mark Doty at the 9th annual International Hippocrates Poetry and Medicine Symposium.

Author Audio Interview

Interview with Paul K. Whelton, MB, MD, MSc, and Bryan Williams, MD, authors of “The 2018 European Society of Cardiology/European Society of Hypertension and 2017 American College of Cardiology/American Heart Association Blood Pressure Guidelines: More Similar Than Different”

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