Prevalence of Optimal Blood Pressure Values in Digital-Savvy Hypertensives

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ABSTRACT

Background: The recent SPRINT trial demonstrated the potential benefits intensive management of systolic blood pressure < 120 mmHg.

Aim: To determine the prevalence of optimal systolic BP values in participants to a real-life digital-only BP registry and evaluation tool. Optimal Blood pressure was defined according to the results of the SPRINT trial in reduce adverse events: SBP < 120mmHg and DBP < 80mmHg. In addition we also determined the prevalence of normal BP values according to the ESH guidelines SBP < 130mmHg and DBP < 85mmHg.

METHODS

Users subscribed the AMICOMED service leveraging its two fully automated and scalable proprietary algorithms.

PASCAL - provides instant assessment of BP evolution and variability. Patented and CE-marked as a class IIA medical device.

SMART PRESSURE - provides the personalized lifestyle coaching program for BP reduction.

This work focuses only on data obtained with the PASCAL evaluation tool.

RESULTS

(n=68805 values)

<table>
<thead>
<tr>
<th>SBP</th>
<th>DBP</th>
<th>BP</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 120/80 mmHg</td>
<td>&gt; 80 mmHg</td>
<td>&lt; 120 mmHg</td>
</tr>
<tr>
<td>73%</td>
<td>51%</td>
<td>49%</td>
</tr>
<tr>
<td>&lt; 120 mmHg</td>
<td>&lt; 80 mmHg</td>
<td>&gt; 80 mmHg</td>
</tr>
<tr>
<td>78%</td>
<td>22%</td>
<td>73%</td>
</tr>
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</table>

CONCLUSIONS

In population of digital-savvy subjects, who are so aware of the need of controlling their BP so that they subscribed to a digital BP evaluation service, the largest majority (78%) of BP measurements does not reach the optimal (<120/80 mmHg) event reducing BP threshold. Furthermore, almost half of BP values do not even match the looser (<130/85 mmHg) threshold for normal BP values. This data underline the wide gaps still existing in achieving target blood pressure levels in real-life subjects.

DISCLOSURES & DISCLAIMERS

The information presented in this abstract and all statements, considerations, or data has not been evaluated by the U.S. Food and Drug Administration.