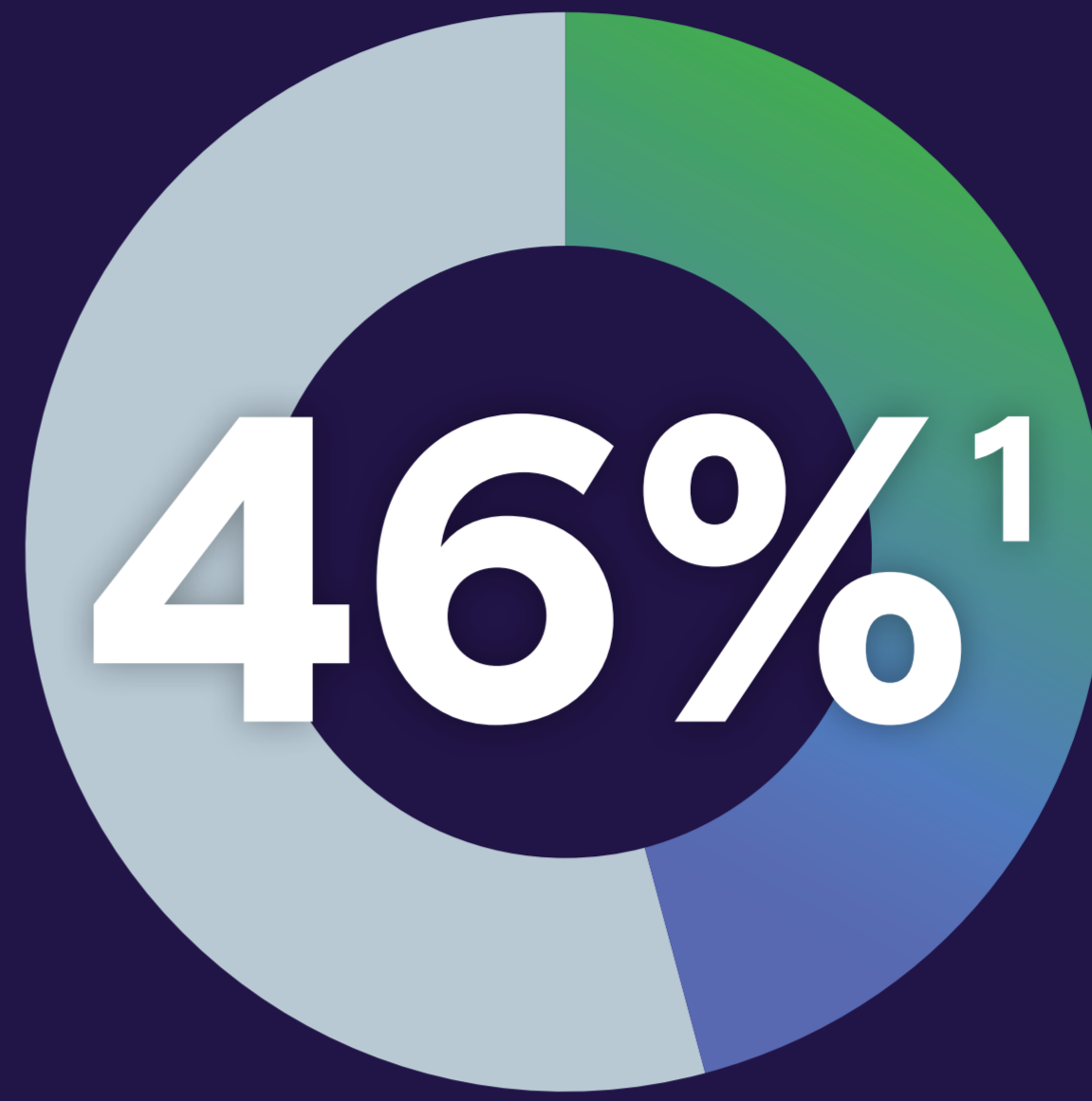


# UNCOVERING THE HIDDEN PREVALENCE OF HYPERTENSION



## The Data is Clear

Nearly half of US adults are classified as hypertensive — and many don't know it.<sup>2</sup>



Let's take a closer look at the potential impact of hypertension at your practice.

### HOW MANY PRACTITIONERS DO YOU EMPLOY?

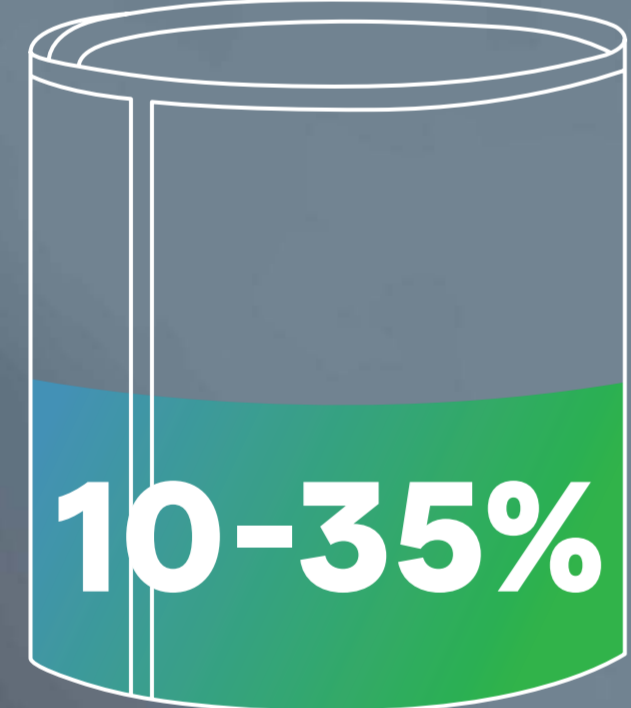
### BASED ON THAT, WE ESTIMATE YOU SEE:

adult patients

### AND SINCE 46% OF U.S. ADULTS ARE CLASSIFIED AS HYPERTENSIVE,<sup>1</sup> YOU MAY SEE:

patients with hypertension

But that number isn't the whole story.



of the hypertensive population<sup>3,4</sup> has white coat hypertension — and it can be hard to spot.

White coat hypertension presents with blood pressure readings that are elevated in the office, but normal outside the office.

That means, in your practice with

hypertensive patients,

patients may actually have white coat hypertension.

And you may be treating them unnecessarily.



## BETTER DIAGNOSIS STARTS WITH BETTER SCREENING

And better screening starts with the right questions.

Reflecting on a few key areas can help you improve your diagnoses, properly classify the types of hypertension (like white coat) and inform your treatment plans.<sup>5,6,7,8</sup>



### TECHNIQUE

Do your clinicians follow AHA and ACC guidelines for accurate blood pressure measurement?



### TIME

Before diagnosing, are you averaging several readings — with rest periods in between — and repeating over 2-3 office visits?



### TOOLS

Are you using automated blood pressure devices for in-office measurements, per AHA recommendations?

Get a handle on white coat hypertension and focus your resources where they are needed most.

Talk to your Hillrom representative today to meet our latest all-in-one vital signs device — featuring trusted SureBP® technology and blood pressure averaging built right into the workflow.

Keep learning at [hillrom.com/spot4400](http://hillrom.com/spot4400).

<sup>1</sup>Werni SS, Alonso A, Benjamin EJ, et al. Heart disease and stroke statistics—2020 update. *Circulation* 2020; 141:e459–e596. DOI: 10.1161/CIR.0000000000000757  
<sup>2</sup><https://meritinsight.com/>  
<sup>3</sup>Whelton PK, Carey RM, Anderson WS, et al. 2017 ACC/AHA/AAPA/ABC/ACCP/ACNS/AHA/ASPC/NMA/PCNA Guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol* 2018; 71:e127–248. DOI: 10.1016/j.jacc.2017.05.006  
<sup>4</sup>Gorotchi M, Vinayak E, Benegas JR, de la Sierra A. Prevalence of white-coat and masked hypertension in national and international registries. *Hypertens Res* 2015; 38:1–7. DOI: 10.1038/hr.2014.149  
<sup>5</sup>Whelton PK, Carey RM, Anderson WS, et al. 2017 ACC/AHA/AAPA/ABC/ACCP/ACNS/AHA/ASPC/NMA/PCNA Guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: a report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *J Am Coll Cardiol* 2018; 71:e127–248. DOI: 10.1016/j.jacc.2017.05.006  
<sup>6</sup>Powers BJ, O'Brien MK, Smith VA, et al. Measuring blood pressure for decision making and quality reporting: where and how many measures? *Ann Intern Med* 2015; 164(12):781–788.  
<sup>7</sup>Martin SA, Boucher M, Wright JM, Saini V. Mild hypertension in people at low risk. *BMJ* 2014; 349:g5422. DOI: 10.1136/bmj.g5422  
<sup>8</sup>Muntner P, Shimbo D, Carey RM, et al. Measurement of blood pressure in humans. A scientific statement from the American Heart Association. *Hypertension* 2019; 73:e35–e66. DOI: 10.1161/HYP.0000000000000087  
<sup>9</sup>Murray et al., 2007  
<sup>10</sup>Allicke et al., 2012  
<sup>11</sup>National Ambulatory Medical Care Survey (NAMCS) 2016 (Table 29)  
<sup>12</sup>National Ambulatory Medical Care Survey (NAMCS) 2016 (Table 9)  
<sup>13</sup>American College of Physicians (2017)  
<sup>14</sup>Wang YC, Shimbo D, Muntner P, et al. Prevalence of masked hypertension among US adults with non-elevated clinic blood pressure. *Am J Epidemiol* 2017; 185(3):194–202. DOI: 10.1093/aje/kw227  
<sup>15</sup>Flegal MA, Tsai CC, Barutiu B, et al. Diagnostic and predictive accuracy of blood pressure screening methods with consideration of re-screening intervals: a systematic review for the U.S. Preventive Services Task Force. *Ann Intern Med* 2016; 162(8):522–534. DOI: 10.7554/AMIA-1539