33-Year-Old Male with Persistent Systolic Hypertension*

Patient Medical History
- Prescribed an ACE inhibitor for systolic and diastolic blood pressure management
- Diagnosed with hypertension 1 year ago
- No comorbidities
- Nonsmoker
- Results from electrocardiography were normal 1 year ago

Digital Vascular Biomarker Assessment

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brachial Blood Pressure†</td>
<td>144/74 mmHg</td>
</tr>
<tr>
<td>Central Blood Pressure</td>
<td>114 mmHg</td>
</tr>
<tr>
<td>Central Pulse Pressure Amplification</td>
<td>79%</td>
</tr>
</tbody>
</table>

† Average of three readings, seated

Interpretation
This instance shows a case of persistent brachial systolic hypertension on therapy with acceptable central pressure readings. The central pressure readings provide support for not altering current management. As acknowledged by the authors, the intent here is not to overrule brachial blood pressure management, but to allow the use of clinical judgment in decision-making in select clinical scenarios, as recommended in the JNC 8 document.1

Figure 5. Peripheral and Central Pressure Waveforms

BBP indicates brachial blood pressure systolic/diastolic; CBP, central blood pressure systolic/diastolic; CPP, central pulse pressure; AIx, augmentation index; HR, heart rate; bpm, beats per minute.

Reference 1: JNC 8 Guidelines for the Management of Hypertension in Adults | AAFP

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