

# Practical Case Studies in Hypertension Management

**Series editor**

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The aim of the book series “Practical Case Studies in Hypertension Management” is to provide physicians who treat hypertensive patients having different cardiovascular risk profiles with an easy-to-access tool that will enhance their clinical practice, improve average blood pressure control, and reduce the incidence of major hypertension-related complications. To achieve these ambitious goals, each volume presents and discusses a set of paradigmatic clinical cases relating to different scenarios in hypertension. These cases will serve as a basis for analyzing best practice and highlight problems in implementing the recommendations contained in international guidelines regarding diagnosis and treatment. While the available guidelines have contributed significantly in improving the diagnostic process, cardiovascular risk stratification, and therapeutic management in patients with essential hypertension, they are of relatively limited help to physicians in daily clinical practice when approaching individual patients with hypertension, and this is particularly true when choosing among different drug classes and molecules. By discussing exemplary clinical cases that may better represent clinical practice in a “real world” setting, this series will assist physicians in selecting the best diagnostic and therapeutic options.

More information about this series at <http://www.springer.com/series/13624>

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# Resistant Hypertension

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# Foreword

Resistant hypertension is a complex clinical condition in which blood pressure levels remained above the recommended targets, despite optimal pharmacological and non-pharmacological treatment. Nowadays, several diagnostic criteria and different therapeutic strategies have been proposed and tested in various clinical settings and study population.

All of these definitions substantially embraced the following aspects: (1) proper assessment of blood pressure levels according to recommendations from international guidelines for measuring blood pressure, (2) optimization of lifestyle changes, (3) exclusion of secondary causes of hypertension, and (4) use of combination therapies at adequate dosages and compounds. Comprehensive and accurate diagnostic evaluation of the potential causes of resistant hypertension represents a crucial aspect for the clinical management of these patients, since several studies have demonstrated that proper lifestyle changes and drug treatment optimization may improve blood pressure control rates and promote the achievement of the recommended blood pressure targets in the majority of patients with apparently resistant hypertension. On the other hand, patients with true resistant hypertension remained at higher risk of major cardiovascular and cerebrovascular complications compared to patients with

essential hypertension. As a consequence, these patients with difficult-to-treat hypertension may heavily contribute to the global burden of hypertension-related complications.

In this volume of *Practical Case Studies in Hypertension Management*, the clinical management of paradigmatic cases of patients with resistant hypertension is discussed, focusing on the different diagnostic criteria currently available for properly identifying these high-risk patients, as well as on the different therapeutic options currently recommended for improving blood pressure control and reducing the risk of hypertension-related morbidity and mortality.

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