



The Medical **Bulletin**

Women's Health Cares

Pearls of Hypertension in Women

Non-compliance to antihypertensive treatment continues to be challenging for the control of hypertension, with sex differences identified and women more poorly controlled than men. Understanding the barriers, which include patient motivation, health system factors and clinical inertia, need to be addressed together. Further barriers also include recognition of symptoms, delays in initiating treatment, incomplete titration to treatment goals, limited health literacy, accurate blood pressure (BP) measurement and cost of medication. Adopting a shared decision approach that includes the hypertensive female patients as part of the team will help encourage self-management and motivation. Support via telemonitoring and the use of validated monitoring devices will improve compliance and hypertension control.

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