



*The Medical **Bulletin***

In Cardiology

Blood Pressure TTR Predicts Cardiovascular Outcomes in Diabetes

- Increased time in target range (TTR) for systolic blood pressure predicted a decreased risk of a composite cardiovascular outcome (nonfatal myocardial infarction, nonfatal stroke, or cardiovascular death) in patients with type 2 diabetes and hypertension in the Action to Control Cardiovascular Risk in Diabetes Blood Pressure (ACCORD BP) trial.
- The reduced risk of this primary outcome was similar in patients with a target systolic blood pressure of 120 to 140 mmHg (standard therapy group) or 110 to 130 mmHg (intensive therapy group).

Why This Matters

- Blood pressure control is an effective and practical way to reduce cardiovascular risk in patients with type 2 diabetes; however, blood pressure fluctuates continuously, so a single blood pressure reading from a clinic visit may not provide a true picture.
- TTR, on the other hand, reflects both average blood pressure and degree of fluctuation, and it may provide a more accurate picture of blood pressure control and may be a better way to determine if antihypertensive medications need to be adjusted.

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