

Dr. B A. Muruganathan MD., FRCP (Glasg&London)., FACP (USA)., FPCP, FICP
PRESIDENT–HYPERTENSION SOCIETY OF INDIA (HSI)
Dean Elect – Indian College of Physicians: 2015-16
Past President – Association of Physicians of India
Vice President – Indian Red Cross Society Tamilnadu
Past Rotary Governor – District: 3202
Mob: 98430 60666 / 98941 45678 / Email: a.muruganathan@gmail.com



HOME BLOOD PRESSURE MONITORING – THE NEED OF THE HOUR
DR.A.MURUGANATHAN, PRESIDENT – HYPERTENSION SOCIETY OF INDIA

Burden of Hypertension

Hypertension is a major public health problem on cardiovascular health in India and leads annually to 1.1 million deaths (uncertainty index 0.9-1.3 million). It is estimated to account for 10.8 per cent of all deaths and 4.6 percent of all disability adjusted life years (DALYs) in the country. HTN is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths in India. Recent studies from India have shown the prevalence of HTN to be 25% in urban and 10% in rural people in India. Overall estimates for the prevalence of awareness, treatment, and control of blood pressure (BP) are 25.3%, 25.1% and 10.7% for rural Indians and 42.0%, 37.6% and 20.2% for urban Indians. (J Hypertens. Jun 2014; 32(6): 1170–1177). Increased awareness, treatment, and controls of high blood pressure are critical to the reduction of mortality and morbidity. This also would reduce country's financial burden considerably. One recent study showed that young people working in IT industry have high BP because of their lifestyle.

In one of the studies by Ray KK [et.al](#) the following points were observed.

Benefit of Interventions over 5 years

- Lowering systolic BP 4 mm hg
-12.5 cardiovascular events / 200 patients
- Lowering LDL cholesterol 1 mmol/L
-8.2 cardiovascular events / 200 patients
- Lowering HbA1c 0.9%
-2.9 cardiovascular events / 200 patients

Ray KK, et al, theheart.org & Medscape Education
Controlling Blood Pressure is more important

The World Health Organization (WHO) report states that a 2 % reduction in diastolic blood

pressure could prevent 3,00,000 deaths from cardiovascular disease by 2020. Home Blood Pressure Monitoring is easy to perform and can be educated to people easily. Kindly popularise home blood pressure monitoring as it is cheap and also helps in the management of Hypertension. What cannot be measured cannot be monitored. What cannot be monitored cannot be controlled. However WHO has said that hypertension is the most easily preventable problem. More than 50% of people have pre hypertension. Early diagnosis is the critical step to initiating proper management and Home Blood Pressure Monitoring would serve this purpose also.

Home Blood Pressure Monitoring

SMBP is defined as the regular measurement of blood pressure by the patient outside the clinical setting, either at home or elsewhere.

It is sometimes known as “home blood pressure monitoring.”

Benefits of home BP monitoring

1. It is recommended that HBPM should become a routine component of BP measurement in the majority of patients for early detection, with known or suspected hypertension;
2. It is useful to rule out white coat hypertension and masked hypertension
3. Patients should be advised to purchase oscillometric monitors that measure BP on the upper arm with an appropriate cuff size and that have been shown to be accurate according to standard international protocols. They should be shown how to use them by their healthcare providers;
4. Two to 3 readings should be taken while the subject is resting in the seated position, both in the morning and at night, over a period of 1 week. A total of ≥ 12 readings are recommended for making clinical decisions;
5. HBPM is indicated in patients with newly diagnosed or suspected hypertension, in whom it may distinguish between white-coat and sustained hypertension. If the results are equivocal, ambulatory BP monitoring may help to establish the diagnosis;
6. In patients with prehypertension, HBPM may be useful for detecting masked hypertension;
7. HBPM is recommended for evaluating the response to any type of antihypertensive treatment and may improve adherence;
8. The target HBPM goal for treatment is $<135/85$ mm Hg or $<130/80$ mm Hg in high-risk patients;

9. HBPM is useful in the elderly, in whom both BP variability and the white-coat effect are increased;
10. HBPM is of value in patients with diabetes, in whom tight BP control is of paramount importance;
11. Other populations in whom HBPM may be beneficial include pregnant women, children, and patients with kidney disease;
12. HBPM has the potential to improve the quality of care while reducing costs and should be reimbursed.

Create awareness about HBPM and spread this message

GIFT

Every family has at least one hypertension patient. I had also made an appeal to NGOs and medical association to kindly donate the BP apparatus as a gift to every non-medical family for birthday or wedding anniversary functions. This is a great gift because it improves healthy living for the family. Just like weighing scales, a Vending machine to measure blood pressure to be invented. Digital BP instruments can be kept at public places for early diagnosis. HSI is **looking forward to partners** who can jointly do these projects at the community level.

Promote FRUITS BOQUET WELCOME THAN FLOWER BOQUET (Fruits are rich in potassium good for hypertension)

One who observes

Control over his diet, takes regular exercise, has time to relax, does the right toil in discharge of his duties, observes proper hours of sleep and awakening, and is balanced in his actions and reactions, emotions and reasons, duties and rewards.

Conquers disease

From the Bhagavad Gita

NATIONAL » TAMILNADU

Published: August 22, 2015 00:00 IST | Updated: August 22, 2015 05:42 IST Tirupur, August 22, 2015

'Gift a BP monitoring apparatus'

- [R. Vimal Kumar](#)

The Hypertension Society of India plans to take its awareness campaign forward by urging people to gift Blood Pressure (BP) monitoring apparatus to friends and family on special occasions. They are doing this with the help of voluntary organisations. According to the Society's newly elected national president, **A. Muruganathan, a Tirupur**-based doctor, the Society want to promote blood pressure monitoring at homes as almost all families have at least one member having high BP. "With hypertension recognised as a major health problem , gifting a BP apparatus is more valuable than giving fancy items."

Printable version | Aug 22, 2015 7:19:16 PM | <http://www.thehindu.com/news/national/tamil-nadu/gift-a-bp-monitoring-apparatus/article7567813.ece>

© The Hindu

**Dr. A. Muruganathan., M.D., FRCP (GLASG & LONDON)., FACP (USA).,
FPCP (PHILIPPINES)., FICP.,
President – Hypertension Society of India (HSI)
Chairman, A.G.Hospital, No. 34, KPN Colony, 3rd Street,
Tirupur
Tamilnadu, India.**