

JSH STATEMENT

Challenge for overcoming high blood pressure: Nagoya statement 2012

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- High blood pressure (hypertension) is the leading risk of death in both developed and developing countries worldwide, accounting for ~62% of stroke and 49% of heart attack.
- In Japan, there are about 40 million patients with hypertension, being equivalent to one third of general population and most common disease.
- Elevated blood pressure accelerates the cardiovascular risk almost linearly even within normal range.
- Prevention of hypertension makes it possible to stop stroke, heart attack and kidney disease, resulting in prolonged healthy life expectancy.
- Lifestyle modification, especially with sodium intake restriction, is expected to suppress or reverse the increase in blood pressure with age.
- It is important to stimulate the research to solve the precise mechanisms causing hypertension.

This statement represents a starting point for action toward the challenge for overcoming high blood pressure.

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