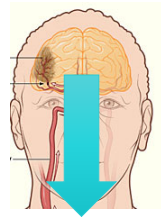


## Hypertension

### Implications on Cardiovascular and Cerebrovascular Events

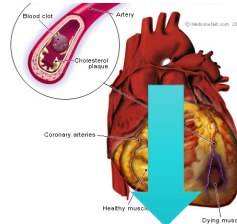
- Second only to smoking in preventable death
- Treatment reduces cardiovascular risk

#### Stroke



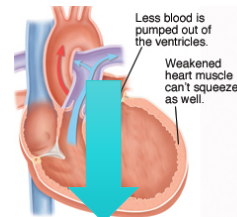
35%

#### Heart Attack



20%

#### Heart Failure



60%

Early identification and management is needed

Allina Health  
Obstetric Complications:  
The Essentials and More  
Slide courtesy of Dr. David Bradley (Allina Health Minneapolis Heart Institute)

11

## IMPLICATIONS OF CHRONIC HYPERTENSION

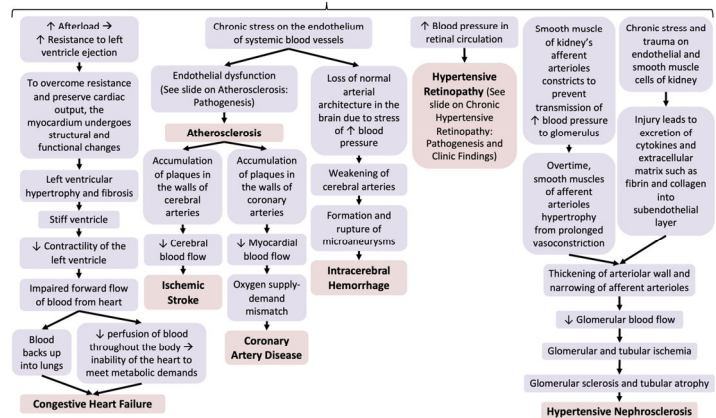
### Hypertension Severity and Risk of Developing Atrial Fibrillation

**Study Population**  
~9500 participants from REGARDS  
Follow-up  
9.3 years

**BP categories**  
(1) **Normotension:** SBP<120 and DBP<80 without meds  
(2) **Prehypertension:** SBP 120-129 and DBP<80 without meds  
(3) **Controlled HTN:** SBP<130 and DBP<80 on ≤3 anti-HTN meds  
(4) **Uncontrolled HTN:** SBP≥130 and/or DBP≥80 on <3 anti-HTN meds  
(5) **Controlled aTRH:** SBP<130 and DBP<80 on ≥4 anti-HTN meds  
(6) **Uncontrolled aTRH:** as SBP≥130 and/or DBP≥80 mmHg on ≥3 anti-HTN meds

	OR for incident AF (95% CI)
Normotension	Reference
Prehypertension	1.25 (0.86, 1.82)
Controlled HTN	1.72 (1.30, 2.29)
Uncontrolled HTN	1.48 (1.13, 1.94)
Controlled aTRH	2.95 (1.60, 5.43)
Uncontrolled aTRH	2.47 (1.76, 3.48)

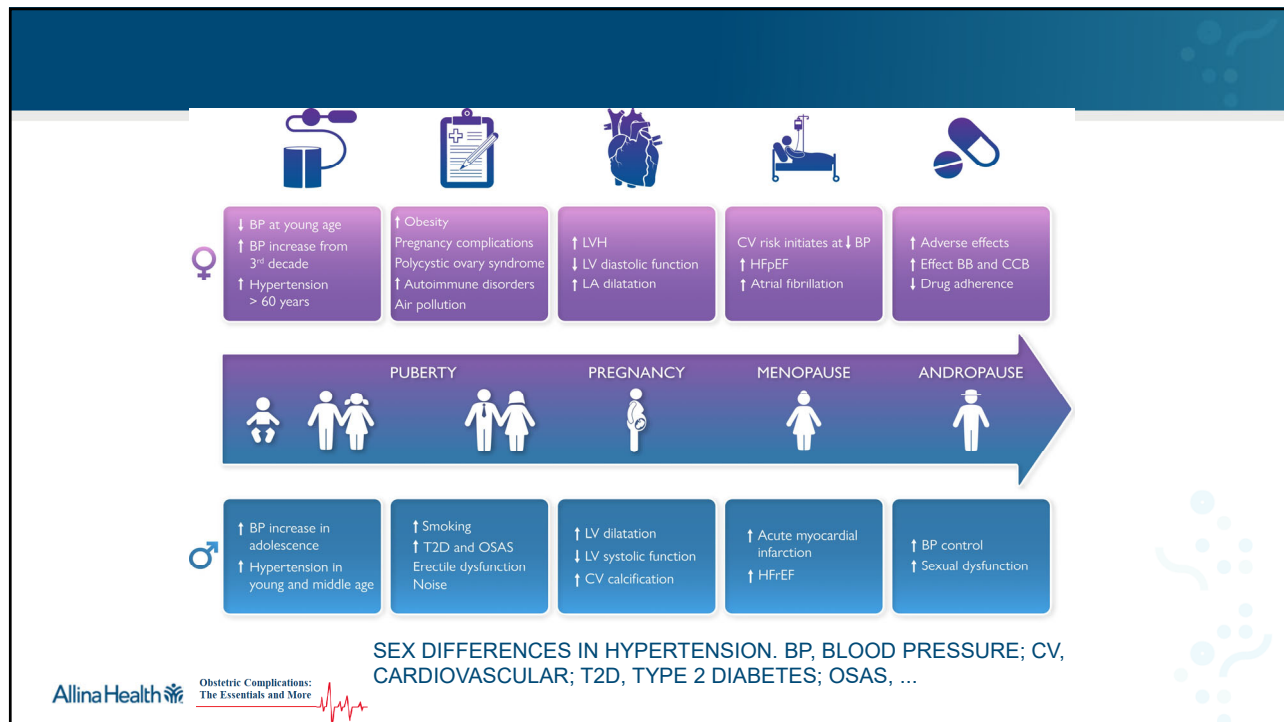
The population attributable risk of hypertension for dementia is 15.8%



Legend: Pathophysiology Mechanism Signs/Symptoms/Lab Findings Complications Published December 4, 2021 on www.thecalnguide.com

Allina Health  
Obstetric Complications:  
The Essentials and More

12



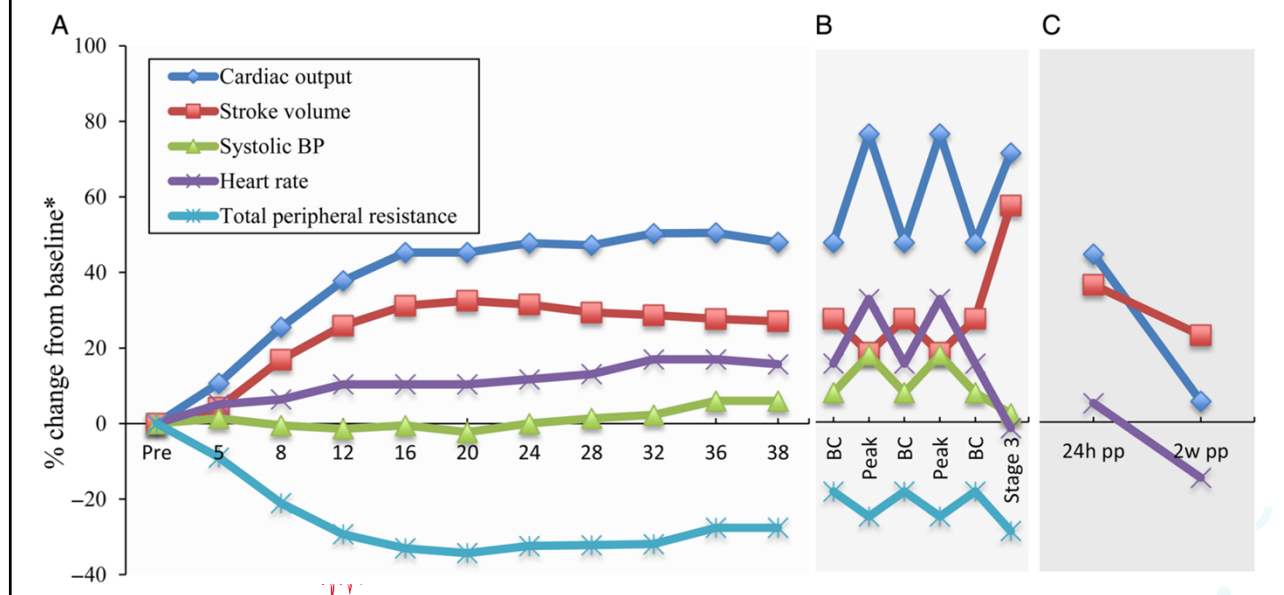
13

**FIRST PREGNANCIES SHOULD BE UTILIZED AS AN EARLY LIFE STRESS TEST TO IDENTIFY WOMEN WHO MAY HAVE CVD RISK**

**Allina Health** Obstetric Complications: The Essentials and More

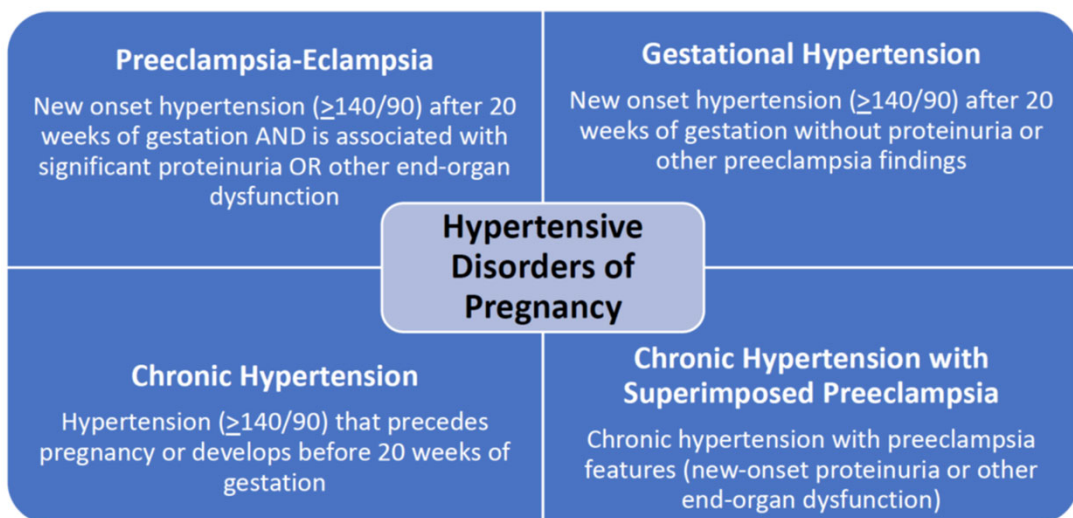
14

## PREGNANCY – A STRESS TEST



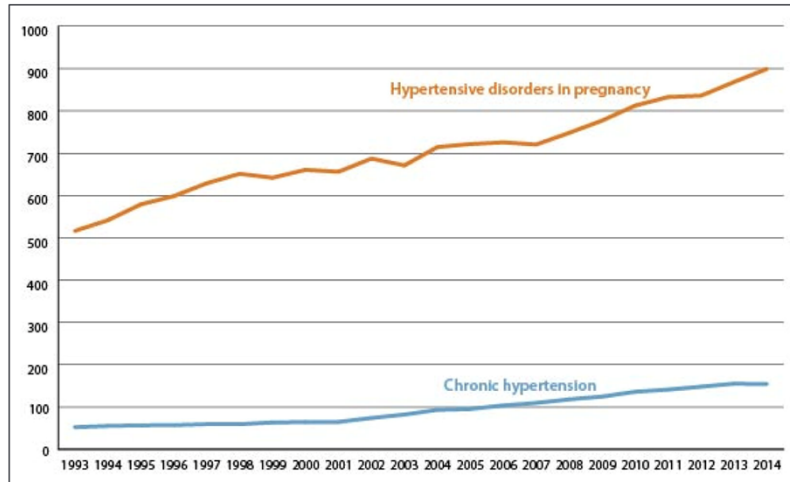
15

## GESTATIONAL HYPERTENSIVE DISORDERS



16

## TRENDS IN HYPERTENSIVE DISORDERS OF PREGNANCY PER 10 000 DELIVERY HOSPITALIZATIONS



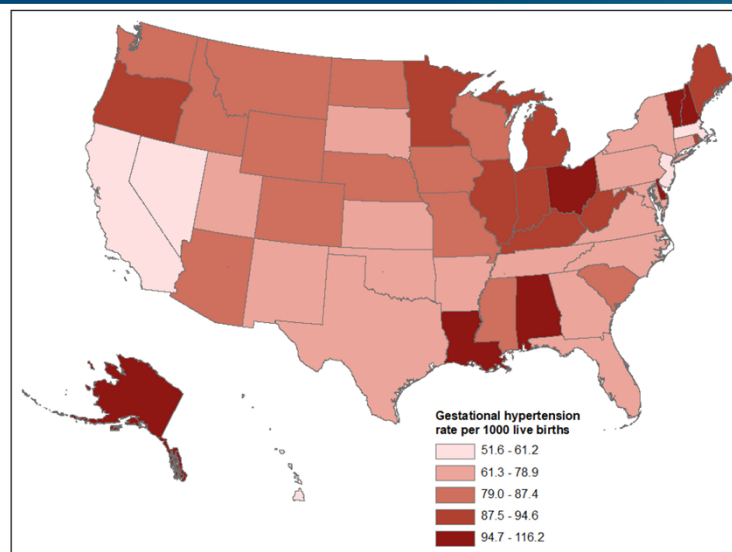
Allina Health

Obstetric Complications:  
The Essentials and More



17

## STATE-LEVEL RATES OF DE NOVO HYPERTENSION IN PREGNANCY PER 1000 LIVE BIRTHS, UNITED STATES, 2019



Allina Health

Obstetric Complications:  
The Essentials and More



18