

Treatment of patients with hypertension and high cardiovascular risk

Ivan Tasić^{1,2}, Svetlana Kostić¹, Dragan Djordjevic^{1,2}, Milan Lovic¹ Dušan Vulić³

¹Institute for Therapy and Rehabilitation Niska Banja, ²University of Nis Faculty of Medicine,

³University of Banja Luka, School of Medicine, Banja Luka, Bosnia and Herzegovina

Hypertension with high cardiovascular (CV) risk is characterized by significant increase of one of the risk factors, especially cholesterol above 8 mmol/l in, for instance, familial hypercholesterolemia, or blood pressure (BP) $\geq 180/110$ mmHg (stage III hypertension), diabetes mellitus, hypertensive left ventricular hypertrophy (LVH), moderate chronic renal failure with eGFR of 30-59 mL/min/1.73 m² and/or calculated 10-year SCORE of 5-10%.

Case report: We presented in this paper a patient with hypertension and high risk in whom diastolic hypertension, left ventricular hypertrophy, metabolic syndrome and obesity were predominant in the beginning, while diabetes mellitus prevailed in the further disease course. We presented the diagnostic protocol, as well as the risk assessment according to the European and American guidelines, and a proper selection of non-medicamentous and medicamentous therapy. The patient was treated and observed for 20 years, and the therapy based on the official hypertension guidelines was able to prevent major cardiovascular events and to suspend the progression of target organ damage in hypertension.

Conclusion: Proper risk assessment in hypertensive patients, presence of risk factors and target organ damage have a decisive role in the selection of adequate therapy in hypertension. Achievement of target BP values, control of risk factors and regression of target organ damage constitute the basis of good quality of life of hypertensive patients and prevention of major cardiovascular events.

Key words: hypertension, left ventricular hypertrophy, metabolic syndrome, diabetes mellitus