



# Léčba hypertenze u CMP

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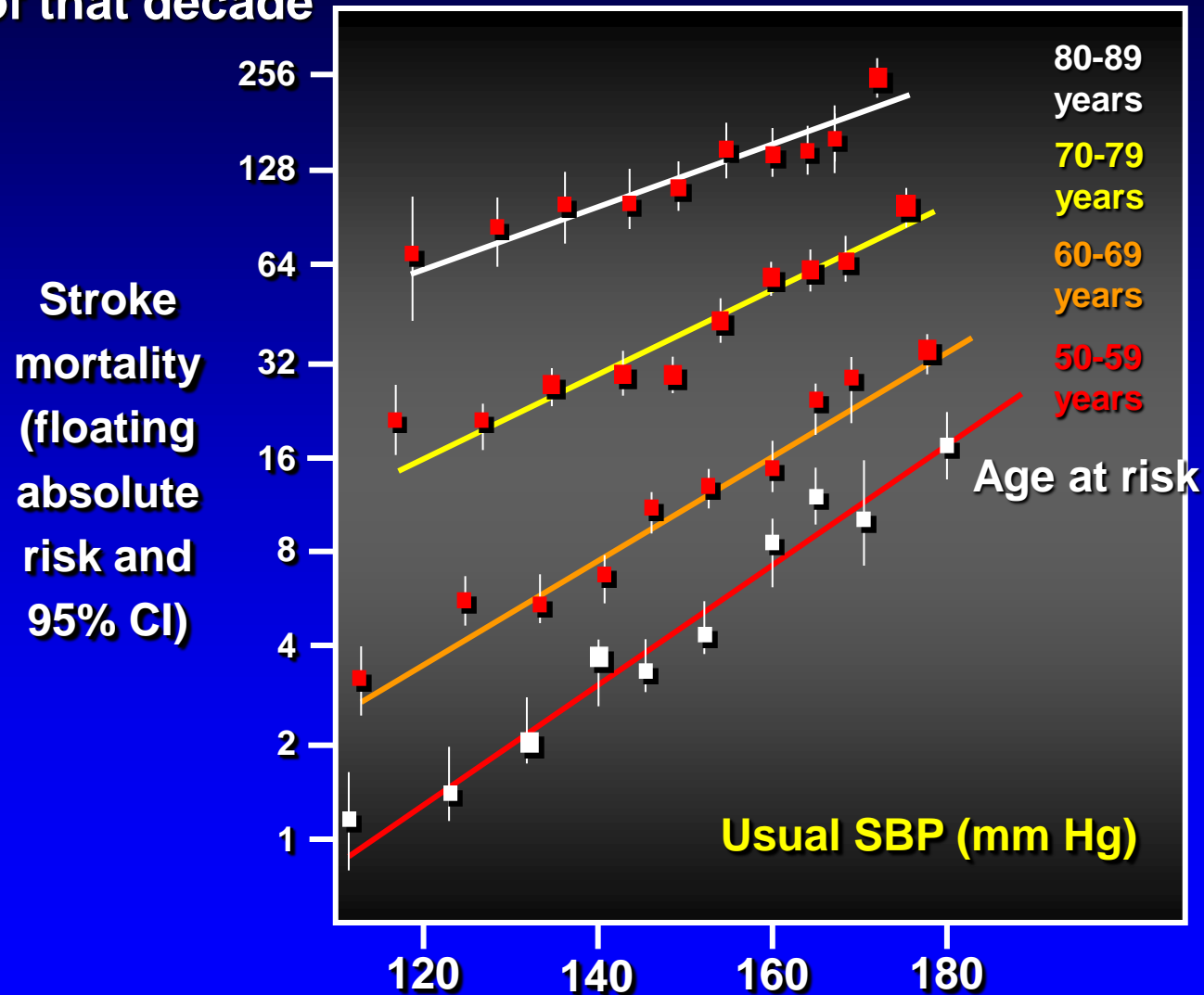
# Léčba hypertenze u CMP

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- **Všeobecné poznámky**
- **Primární prevence**
- **Akutní fáze CMP**
- **Sekundární prevence**
- **Závěry**

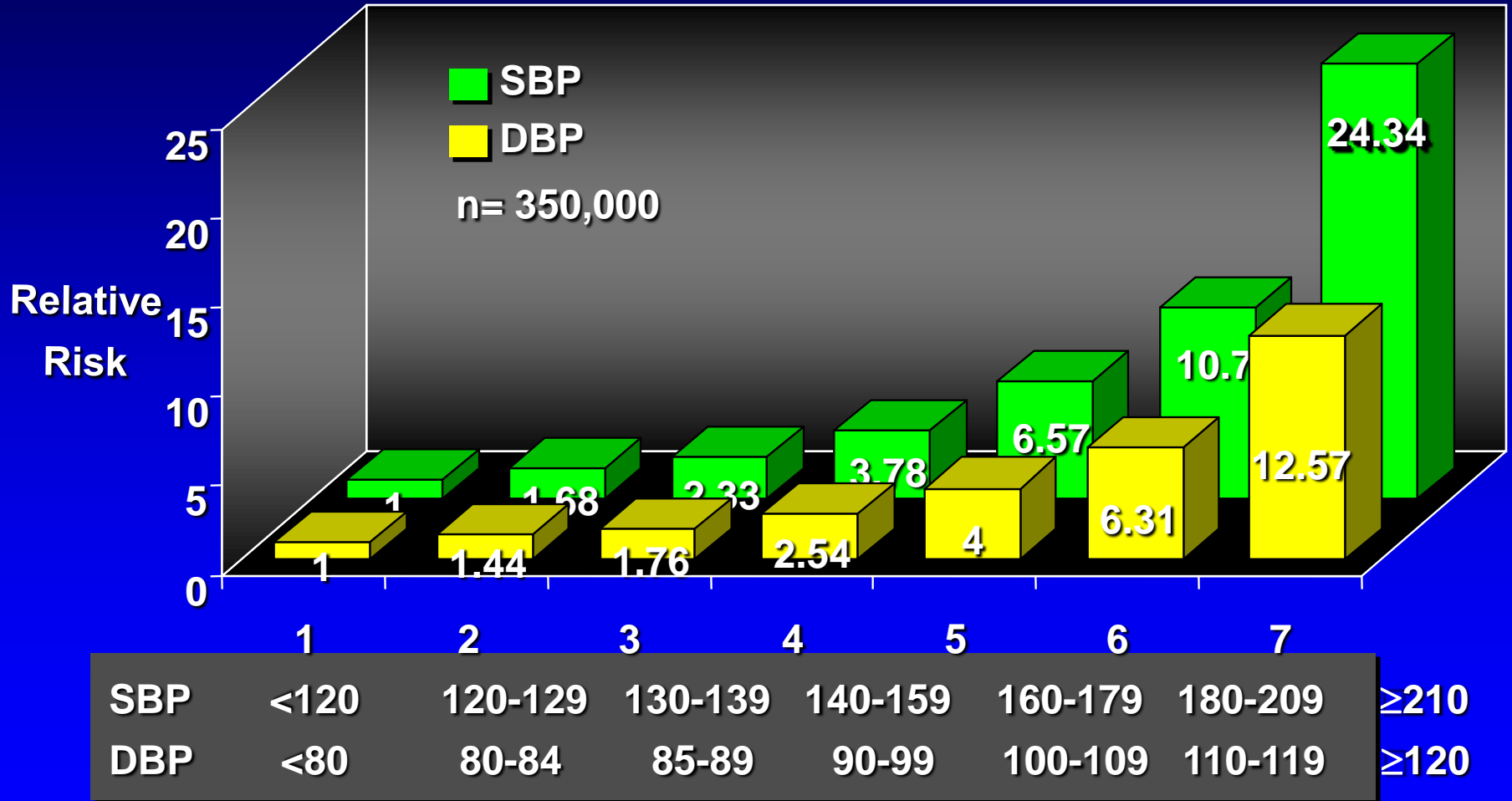
# Stroke Mortality Related to Systolic Blood Pressure

Stroke mortality rate in each decade vs usual SBP at the start of that decade



# Stroke Mortality and Blood Pressure

Relative Risk associated with Systolic and Diastolic BP



# Prevalence hypertenze v klinických studiích FS

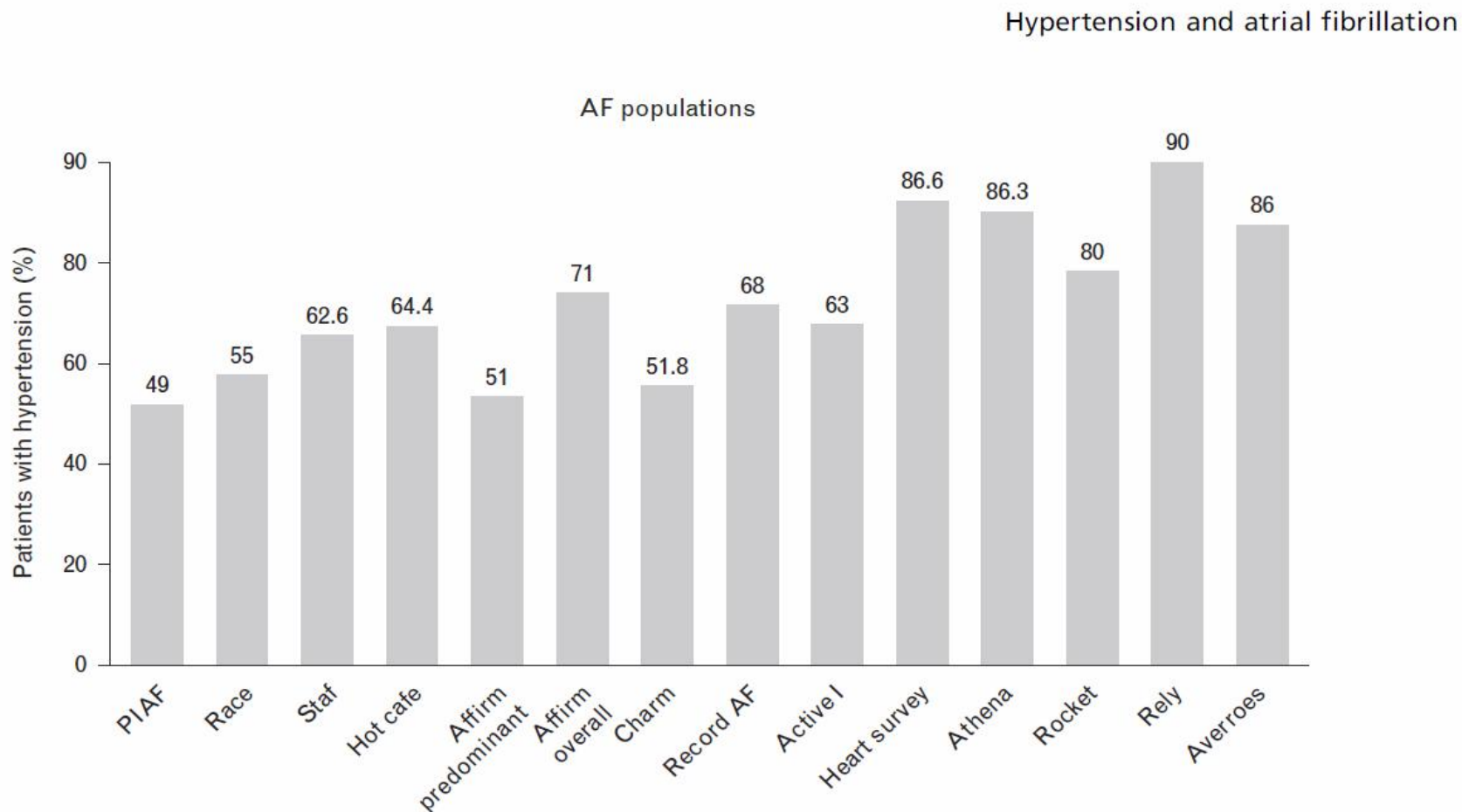
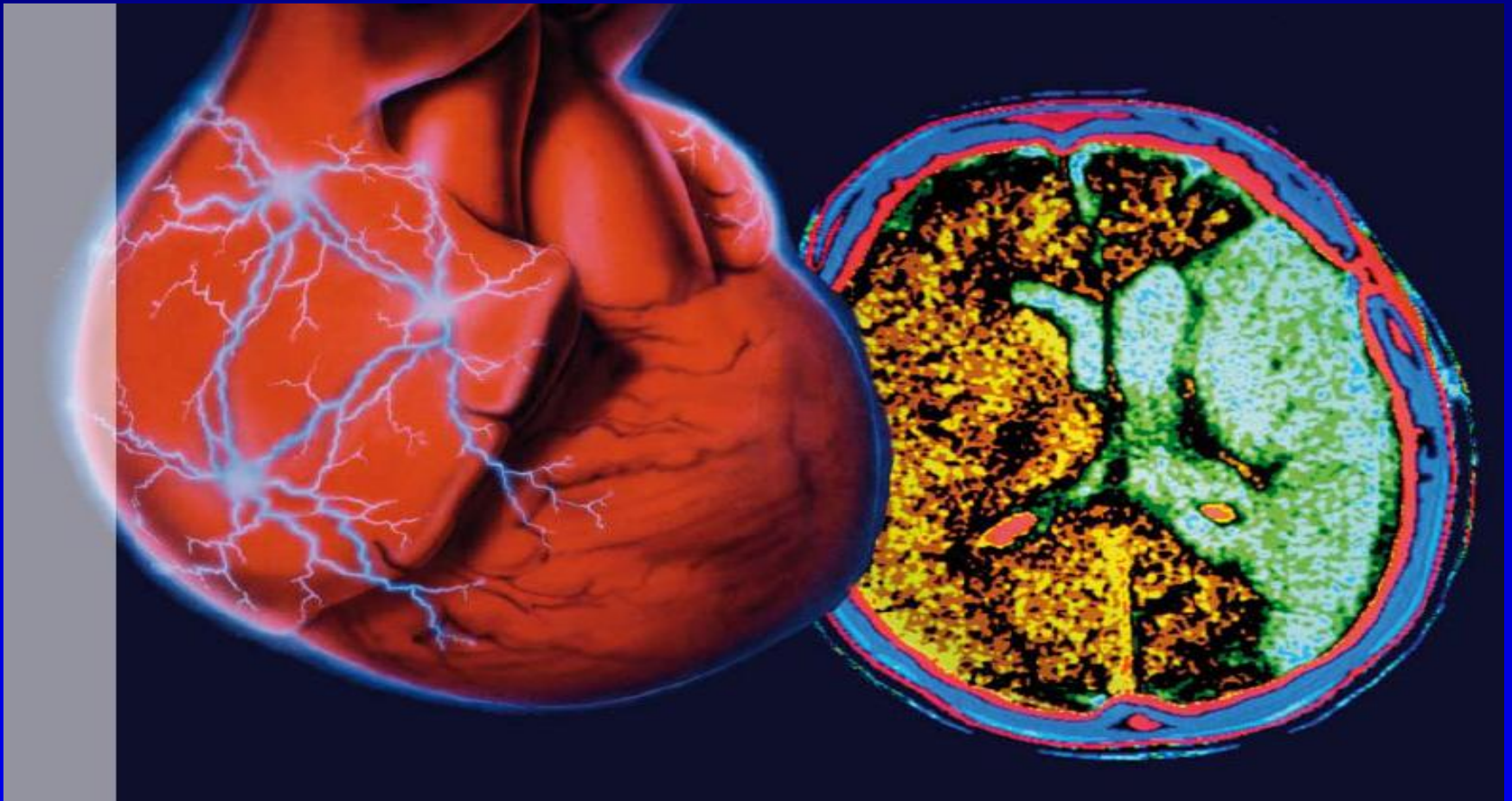


FIGURE 1 Prevalence of hypertension in atrial fibrillation trials.

# Hypertenze + fibrilace síní: častá klinická situace zvyšující riziko CMP



# Primární aldosteronismus jako nezávislý RF CMP?

	PA (n = 124)	EH (n = 465)	(95% interval spolehlivosti)	p- hodnota
<b>Atrial fibrillation</b>	7,3%	0,6%	12,1 (3,2 – 45,2)	<0,0001
Myocardial infarction	4,0%	0,6%	6,5 (1,5 – 27,4)	<0,005
Stroke	12,9%	3,4%	4,2 (2,0 – 8,6)	<0,001
Left ventricle hypertrophy (ECHO)	32%	14%	2,9 (1,8 – 4,6)	<0,001
Left ventricle hypertrophy (Ecg)	32%	24%	1,6 (1,1 – 2,5)	<0,05

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# Benefit snížení TK v placebem kontrolovaných studiích:metaanalýza

Outcome	No. of Studies	RR (95% CI)	P Value	I <sup>2</sup> , %	P for Cochran Q
Recurrent stroke	11	0.73 (0.62–0.87)	<0.001	75	<0.001
Ischemic stroke	2	0.87 (0.70–1.07)	0.19	81	0.02
Hemorrhagic stroke	2	0.65 (0.41–1.05)	0.08	76	0.04
Disabling or fatal stroke	7	0.71 (0.59–0.85)	<0.001	0	0.57
Myocardial Infarction	5	0.77 (0.57–1.03)	0.08	48	0.10
Death from any cause	8	0.92 (0.82–1.03)	0.16	41	0.10
Cardiovascular death	8	0.85 (0.75–0.96)	0.01	17	0.29

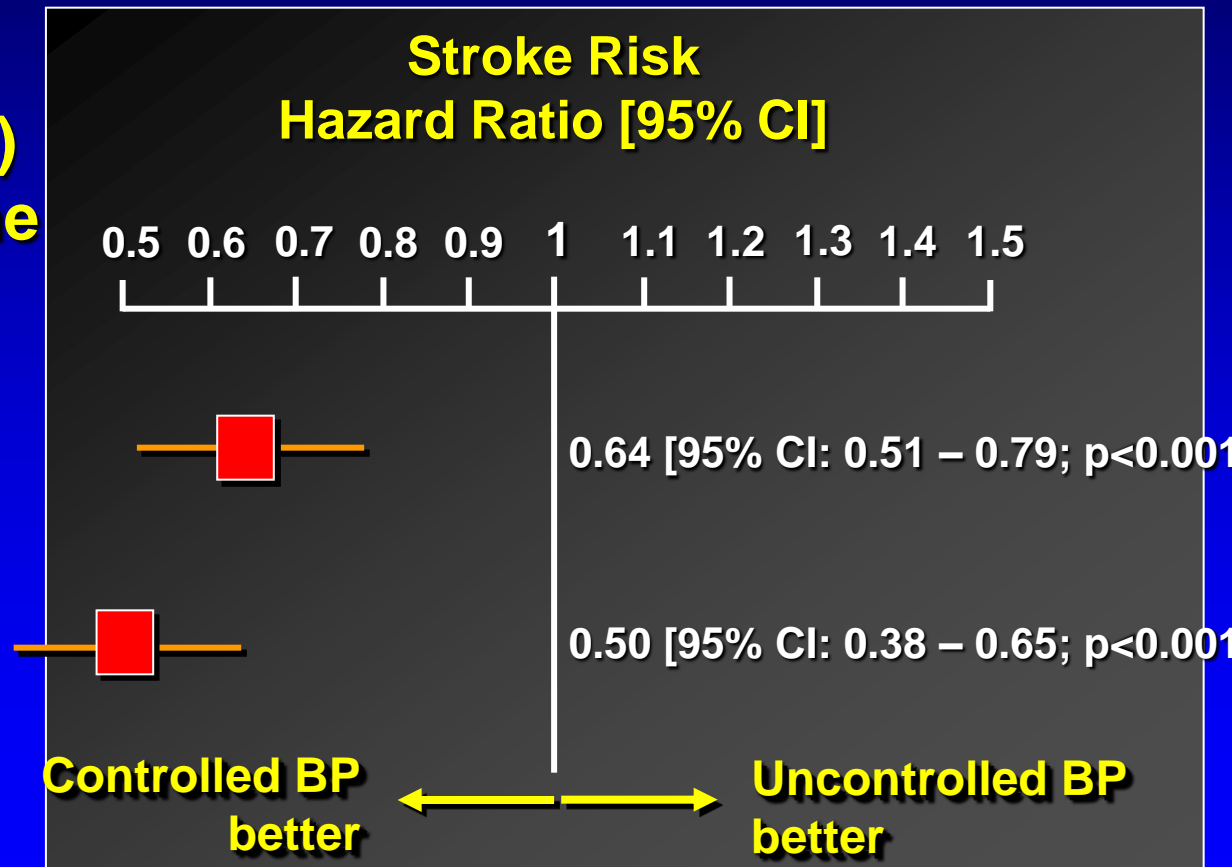
# Kontrola TK a riziko CMP u HT a ICHS: INVEST Study

## Risk for Stroke during treatment

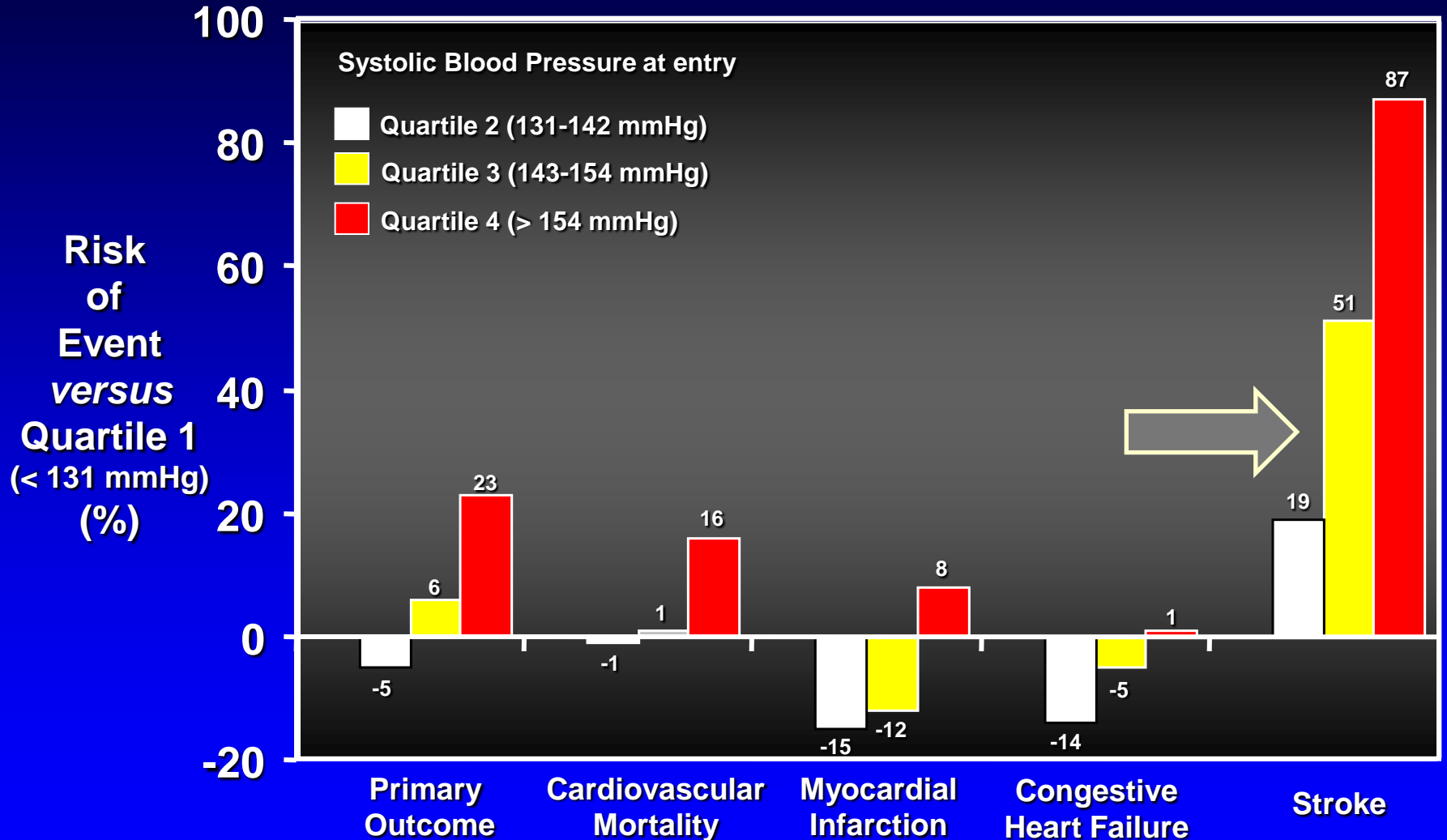
Mean BP during  
follow-up (2.7 years)  
adjusted for baseline  
covariates

SBP < 140 mmHg

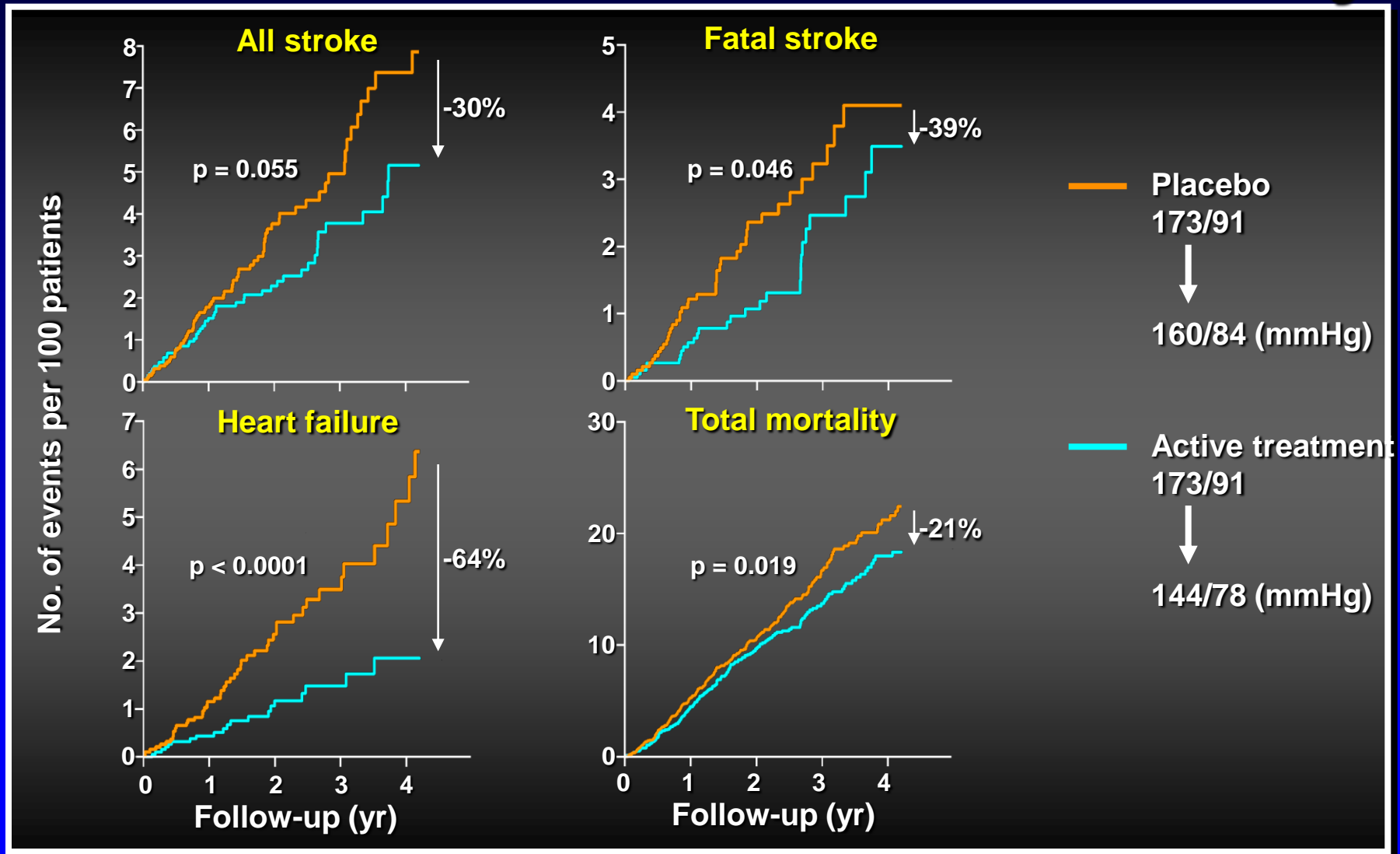
DBP < 90 mmHg



# ONTARGET Study: Risk of Events vs. Quartile 1 (Unadjusted Data)

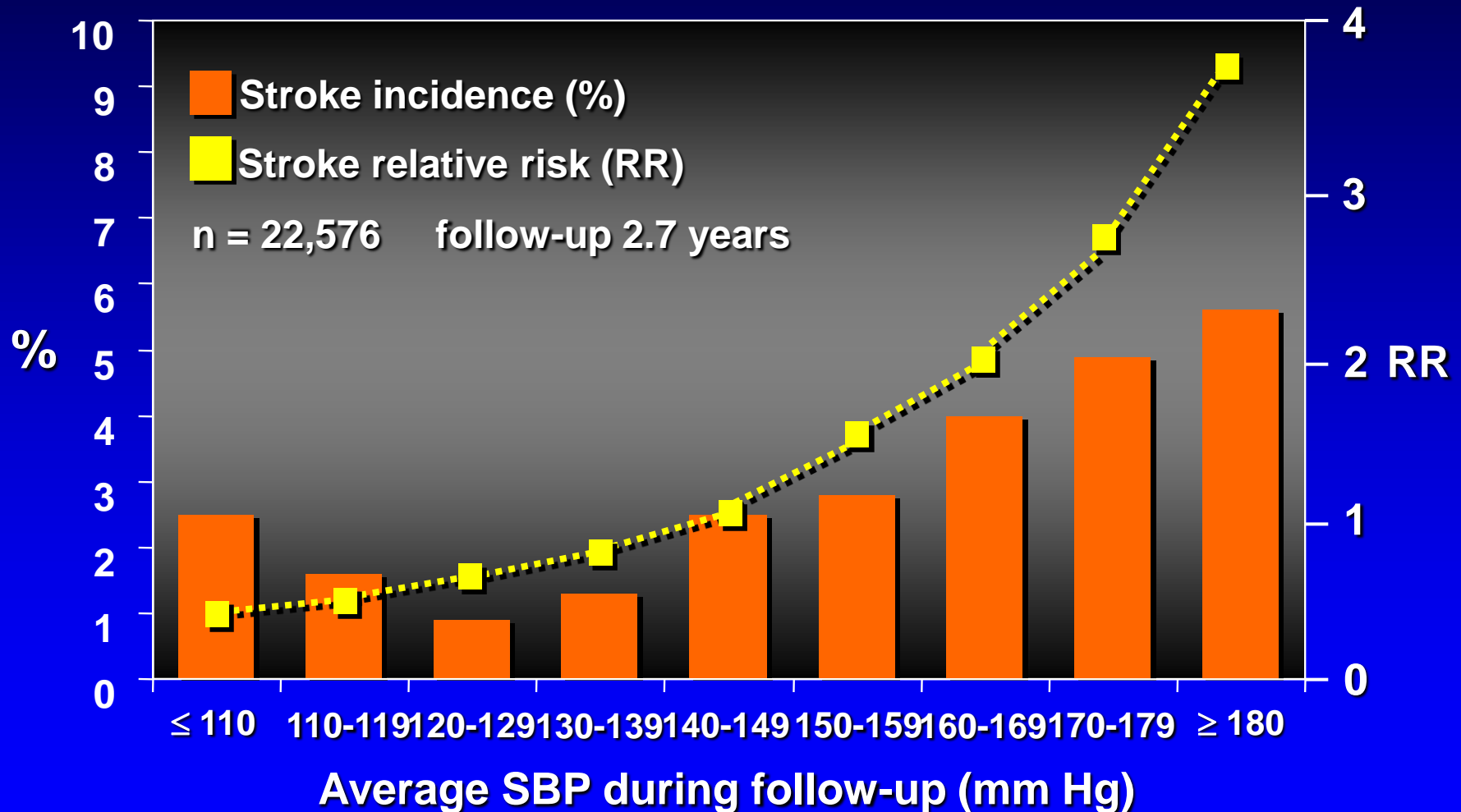


# Snížení rizika CMP antihypertenzní léčbou u starších osob: HYVET Study

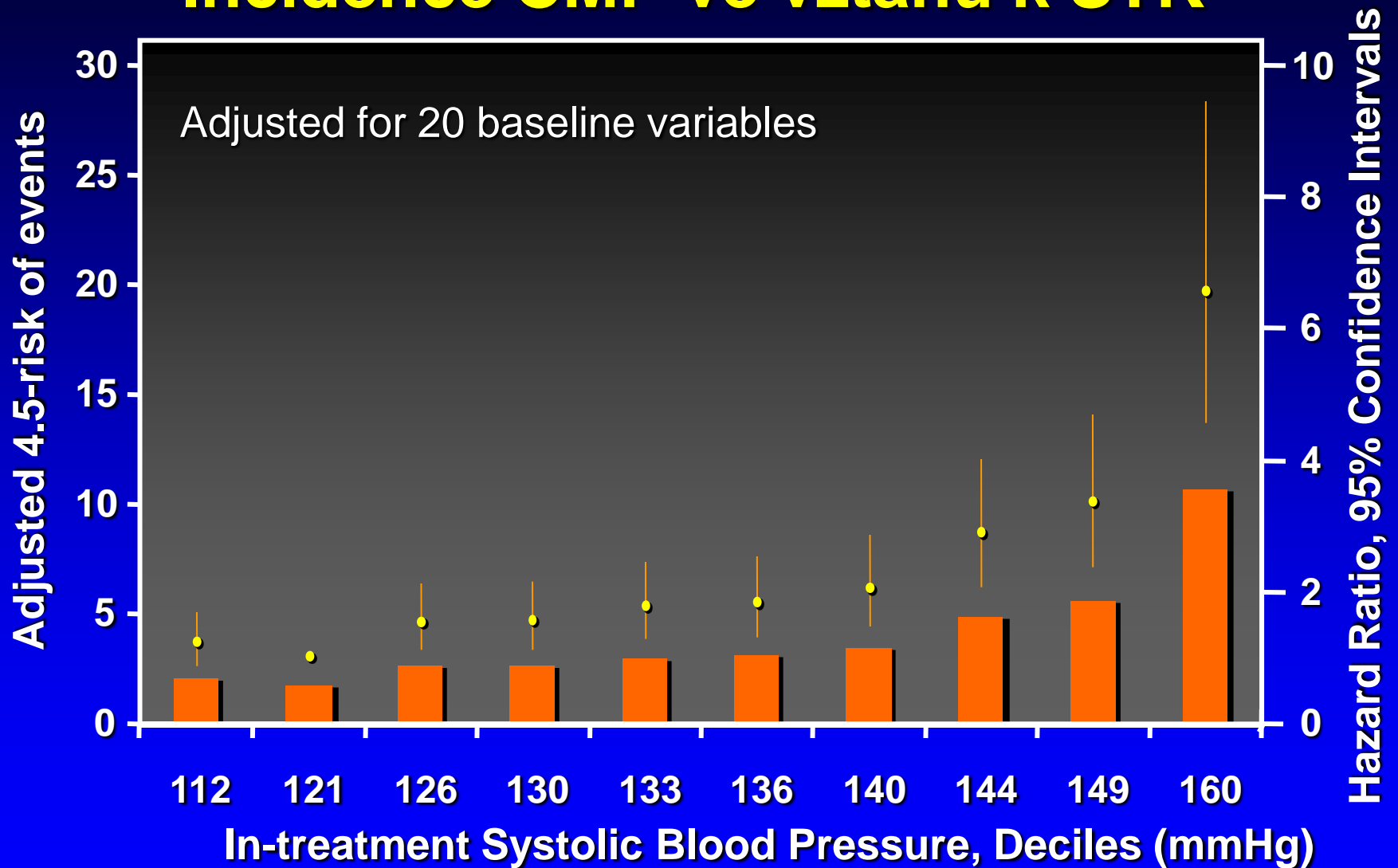


Cílové hodnoty TK v  
primární prevenci CMP?

# Incidence CMP u HT s ICHS: INVEST Study



# ONTARGET Study: Incidence CMP ve vztahu k STK



# Studie SPRINT: automatické měření TK v ordinaci

**Table 2.** Primary and Secondary Outcomes and Renal Outcomes.\*

Outcome	Intensive Treatment		Standard Treatment		Hazard Ratio (95% CI)	P Value
	<i>no. of patients (%)</i>	<i>% per year</i>	<i>no. of patients (%)</i>	<i>% per year</i>		
<b>All participants</b>	<b>(N = 4678)</b>		<b>(N = 4683)</b>			
Primary outcome†	243 (5.2)	1.65	319 (6.8)	2.19	0.75 (0.64–0.89)	<0.001
Secondary outcomes						
Myocardial infarction	97 (2.1)	0.65	116 (2.5)	0.78	0.83 (0.64–1.09)	0.19
Acute coronary syndrome	40 (0.9)	0.27	40 (0.9)	0.27	1.00 (0.64–1.55)	0.99
Stroke	62 (1.3)	0.41	70 (1.5)	0.47	0.89 (0.63–1.25)	0.50
Heart failure	62 (1.3)	0.41	100 (2.1)	0.67	0.62 (0.45–0.84)	0.002
Death from cardiovascular causes	37 (0.8)	0.25	65 (1.4)	0.43	0.57 (0.38–0.85)	0.005
Death from any cause	155 (3.3)	1.03	210 (4.5)	1.40	0.73 (0.60–0.90)	0.003
Primary outcome or death	332 (7.1)	2.25	423 (9.0)	2.90	0.78 (0.67–0.90)	<0.001





## Léčba HT u cerebrovaskulárních onemocnění:

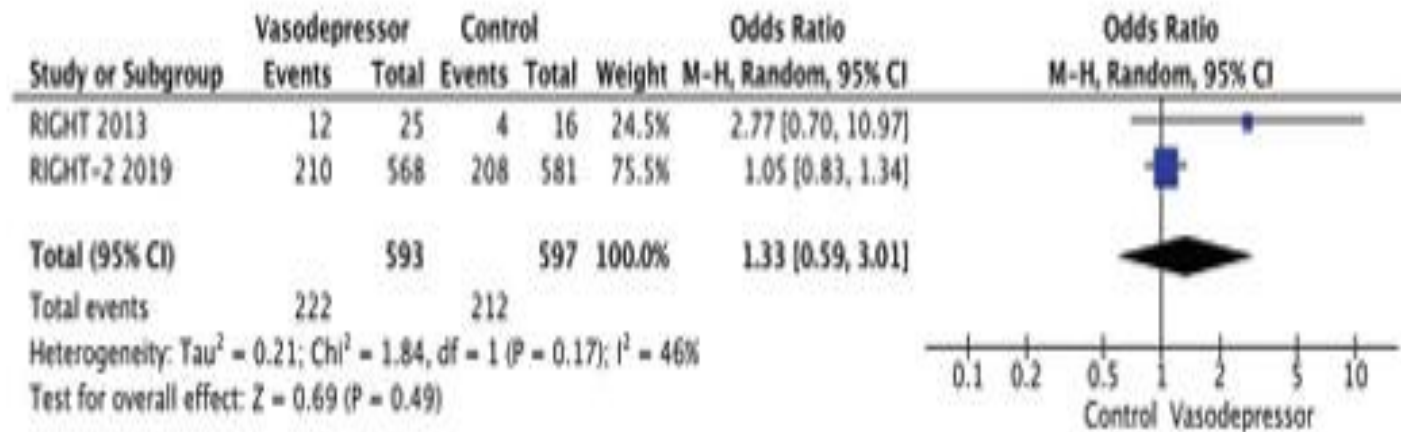
- **Primární prevence**
- Pokles výskytu CMP je nejvýraznějším výsledkem dlouhodobé antihypertenzní léčby.
- Výskyt CMP klesá tím více, čím více je snížen TK ve všech terapeutických režimech
- Metaanalýzy- BKK jsou mírně účinnější, ale tento efekt je vyvážen mírným nárůstem srdečního selhání; betablokátory jsou méně účinné
- Antihypertenzní léčba zpomaluje rozvoj kognitivních poruch; nejvíce důkazů -BKK, zejména nitrendipin, data existují i pro ACEI a AT1-blokátory

# Léčba hypertenze u CMP

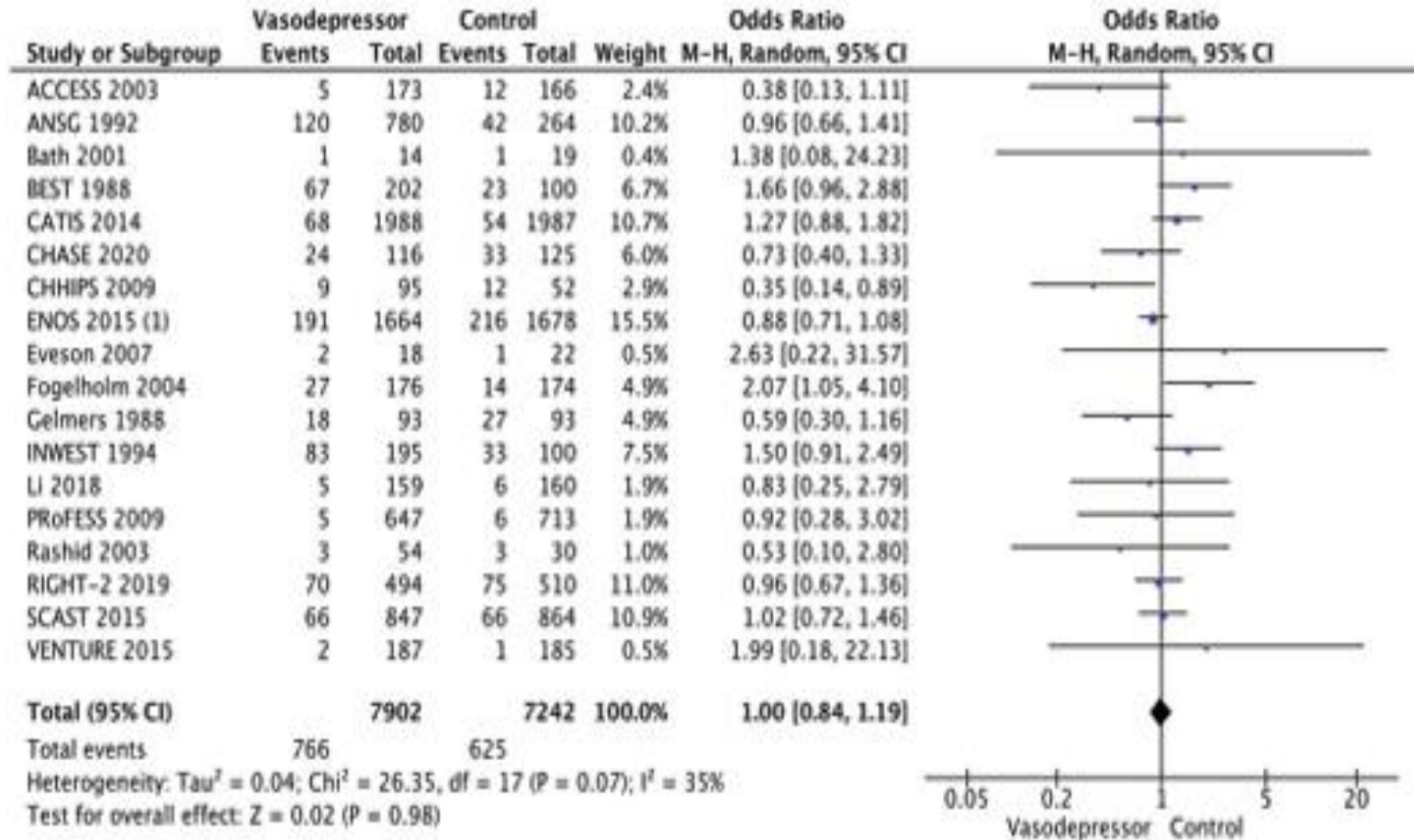
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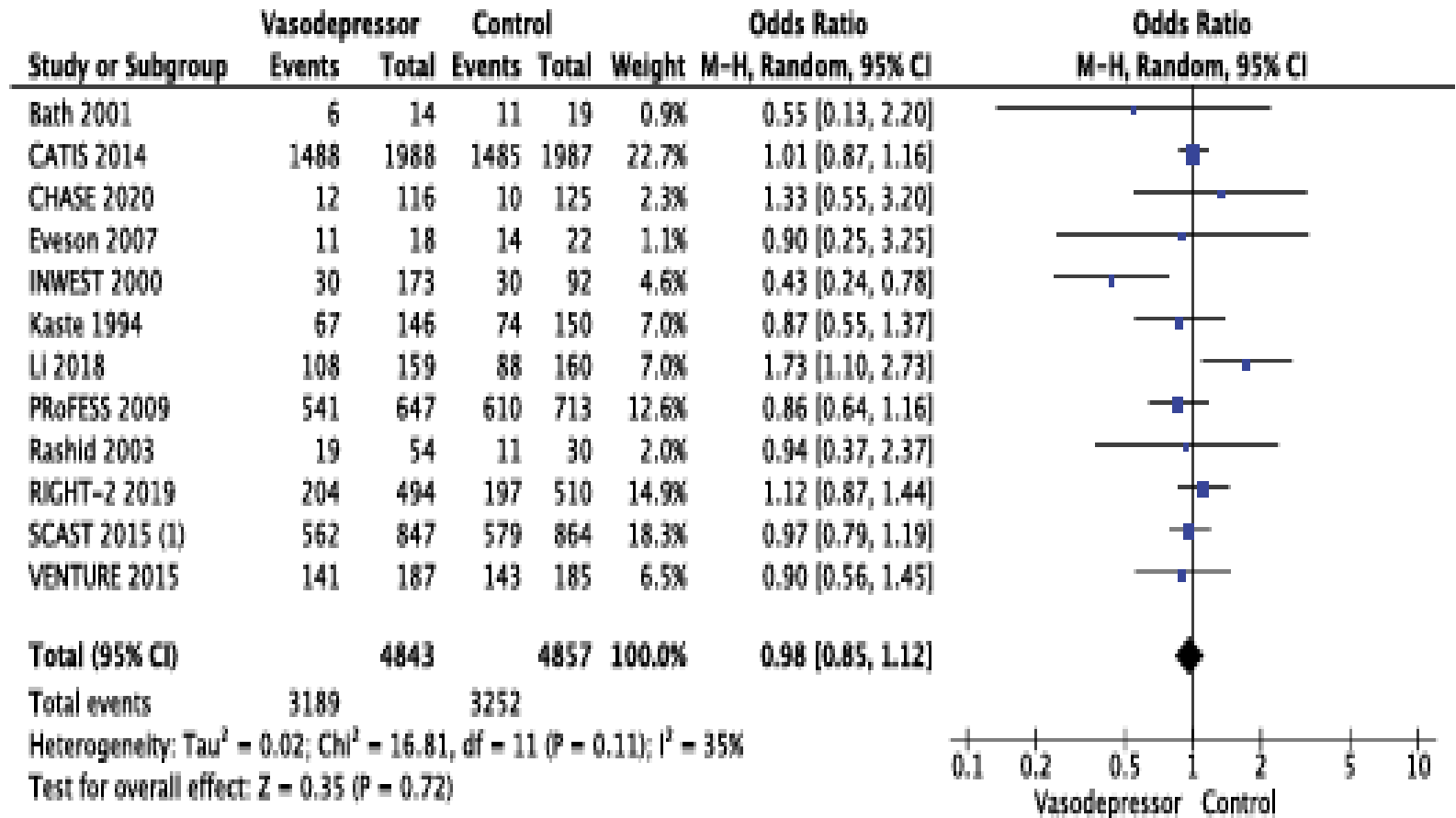
# Prehospital management of BP in stroke?



# Účinky antihypertenzní léčby na mortalitu u iCMP v období 3-6 M



# Antihypertenzní léčba po iCMP (3-6M) a vliv na funkční postižení



# Doporučení antihypertenzní léčby u iCMP bez reperfuční strategie

## Recommendations

In hospitalised patients with acute ischaemic stroke and blood pressure  $< 220/110$  mm Hg not treated with intravenous thrombolysis or mechanical thrombectomy, we suggest against the routine use of blood pressure lowering agents at least in first 24 hours following symptom onset, unless this is necessary for a specific comorbid condition.

Quality of evidence: **Moderate** ⊕⊕⊕

Strength of recommendation: **Weak** ↓?

# Antihypertenzní léčba u pacientů s trombolýzou?

**Table 4.** Evidence profile table for safety and efficacy of intensive systolic blood pressure lowering (target 130–140 mmHg within 1 hour) compared to guideline-recommended systolic blood pressure levels (<180 mm Hg) over 72 hours following symptom onset in acute ischaemic stroke patients receiving intravenous thrombolysis.

Certainty assessment							No of patients		Effect		Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Experimental arm	Control arm	Relative (95% CI)	Absolute (95% CI)		
3 months mortality												
1	Randomised trial	Unclear	N/A	Not serious	Very serious	N/A	102/1081 (9.4%)	88/1115 (7.9%)	OR 1.22 (0.90 to 1.64)	16 more per 1,000 (from 7 fewer to 44 more)	⊕○○○ Very low	Critical
3 months good functional outcome (mRS scores 0–2)												
1	Randomised trial	Unclear	N/A	Not serious	Very serious	N/A	712/1072 (66.4%)	734/1108 (66.4%)	OR 1.00 (0.83 to 1.20)	0 fewer per 1,000 (from 38 fewer to 42 more)	⊕○○○ Very low	Critical
3 months improved mRS scores (shift analysis)												
1	Randomised trial	Unclear	N/A	Not serious	Very serious	N/A	–	–	common OR 1.01 (0.87 to 1.17)	–	⊕○○○ Very low	Critical

# CMP: Antihypertenzní léčba a trombolýza

## Recommendations

1. In patients with acute ischaemic stroke undergoing treatment with intravenous thrombolysis (with or without mechanical thrombectomy) we suggest maintaining blood pressure below 185/110 mm Hg before bolus and below 180/105 mm Hg after bolus, and for 24 hours after alteplase infusion. No specific blood pressure-lowering agent can be recommended.

Quality of evidence: **Very low** ⊕

Strength of recommendation: **Weak** ↑?

2. In patients with acute ischaemic stroke undergoing treatment with intravenous thrombolysis (with or without mechanical thrombectomy) we suggest against lowering systolic blood pressure to a target of 130–140 mm Hg compared to <180 mm Hg during the first 72 hours following of symptom onset.

Quality of evidence: **Moderate** ⊕⊕⊕

Strength of recommendation: **Weak** ↓?



# Antihypertenzní léčba u mechanické trombektomie?

Study	Location	N patients	Experimental targets	Standard target	Randomization	Period of intervention	Termination date
BEST-II (109)	USA (Cincinnati & Nashville)	120	140–160 mmHg <sup>a</sup> 110–140 mmHg <sup>b</sup>	160–180 mmHg	N/A	24 hours	March 2023
DETECT(111)	Canada (Hamilton)	30	<140 mmHg	<180 mmHg	1 hour	48 hours	June 2022
ENCHANTED2(110)	International	2236	<120 mmHg	140–180 mmHg	3 hours	72 hours	February, 2023
OPTIMAL BP (112)	Korea (multicenter)	644	<140 mmHg	<180 mmHg	0.5-1 hour	24 hours	December 2023
BP-TARGET (113,114)	France (multicenter)	320	<130 mmHg	<185 mmHg	1 hour	24–36 hours	Completed No differences in clinical or imaging endpoints between the two randomization arms

<sup>a</sup>First active comparator arm of BEST-II.

<sup>b</sup>Second active comparator arm of BEST-II.

# Doporučení antihypertenzní léčby u mechanické trombektomie

## Recommendations

1. In patients with acute ischaemic stroke due to large vessel occlusion undergoing mechanical thrombectomy (with or without intravenous thrombolysis) we suggest keeping blood pressure below 180/105 mm Hg during, and 24 hours after, mechanical thrombectomy. No specific blood pressure lowering agent can be recommended.  
Quality of evidence: **Very low**⊕  
Strength of recommendation: **Weak** ↑?
2. In patients with acute ischaemic stroke due to large vessel occlusion we suggest against actively reducing systolic blood pressure < 130 mm Hg during the first 24 hours following successful mechanical thrombectomy  
Quality of evidence: **Moderate**⊕⊕⊕  
Strength of recommendation: **Weak** ↓?
3. In patients with acute ischaemic stroke due to large vessel occlusion undergoing treatment with mechanical thrombectomy (with or without intravenous thrombolysis) systolic blood pressure drops should be avoided.  
Quality of evidence: **Very low**⊕  
Strength of recommendation: **Strong** ↓↓

# Přerušení nebo pokračování antihypertenzní léčby u i CMP?

## Expert consensus statement

In patients with acute ischaemic stroke not treated with reperfusion therapies (intravenous thrombolysis or mechanical thrombectomy) and with clinical deterioration where a haemodynamic mechanism is suspected or shown to be directly responsible for the deterioration, we suggest:

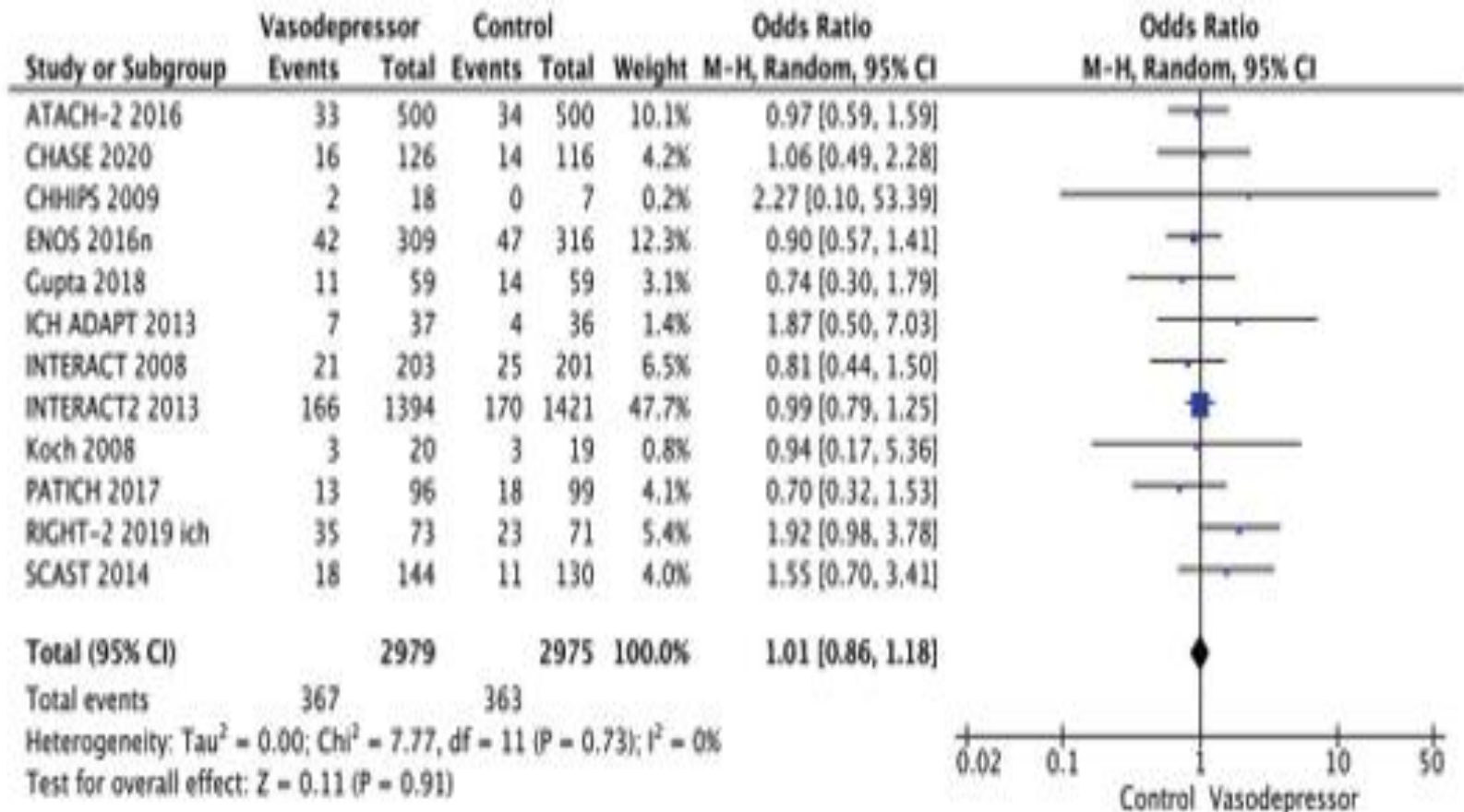
- stopping existing blood pressure lowering therapy,
- administering intravenous fluids and
- introducing non-pharmacological procedures to raise blood pressure

before considering

- careful use of vasopressor agents to increase blood pressure with close monitoring of blood pressure values.

Vote 10 of 10.

# Vliv antihypertenzní léčby na mortalitu u hemorhagických CMP (3-6M)



# Snižování TK v akutní fázi hemorhagických CMP

## Recommendation

In patients with acute (<24 hours) intracerebral haemorrhage there is continued uncertainty over the benefits and risks (advantages/disadvantages) of intensive blood pressure lowering on functional outcome.

Quality of evidence: **Moderate** ⊕⊕⊕

Strength of recommendation: -

In patients with hyperacute (<6 hours) intracerebral haemorrhage, we suggest lowering blood pressure to below 140 mm Hg (and to keep it above 110 mm Hg) to reduce haematoma expansion.

Quality of evidence: **Moderate** ⊕⊕⊕

Strength of recommendation: **Weak** ↑

## Antihypertenzní léčba u hCMP

### Expert consensus statement

In patients with acute intracerebral haemorrhage, we suggest initiating antihypertensive treatment as early as possible and ideally within 2 hours of symptom onset. The decrease of systolic blood pressure should not exceed 90 mm Hg from baseline values. Vote 10 of 10.

In patients with acute intracerebral haemorrhage, we suggest lowering blood pressure according to recommended levels beyond 6 hours after onset of treatment for at least 24 hours and up to 72 hours to reduce haematoma expansion. Vote 10 of 10.

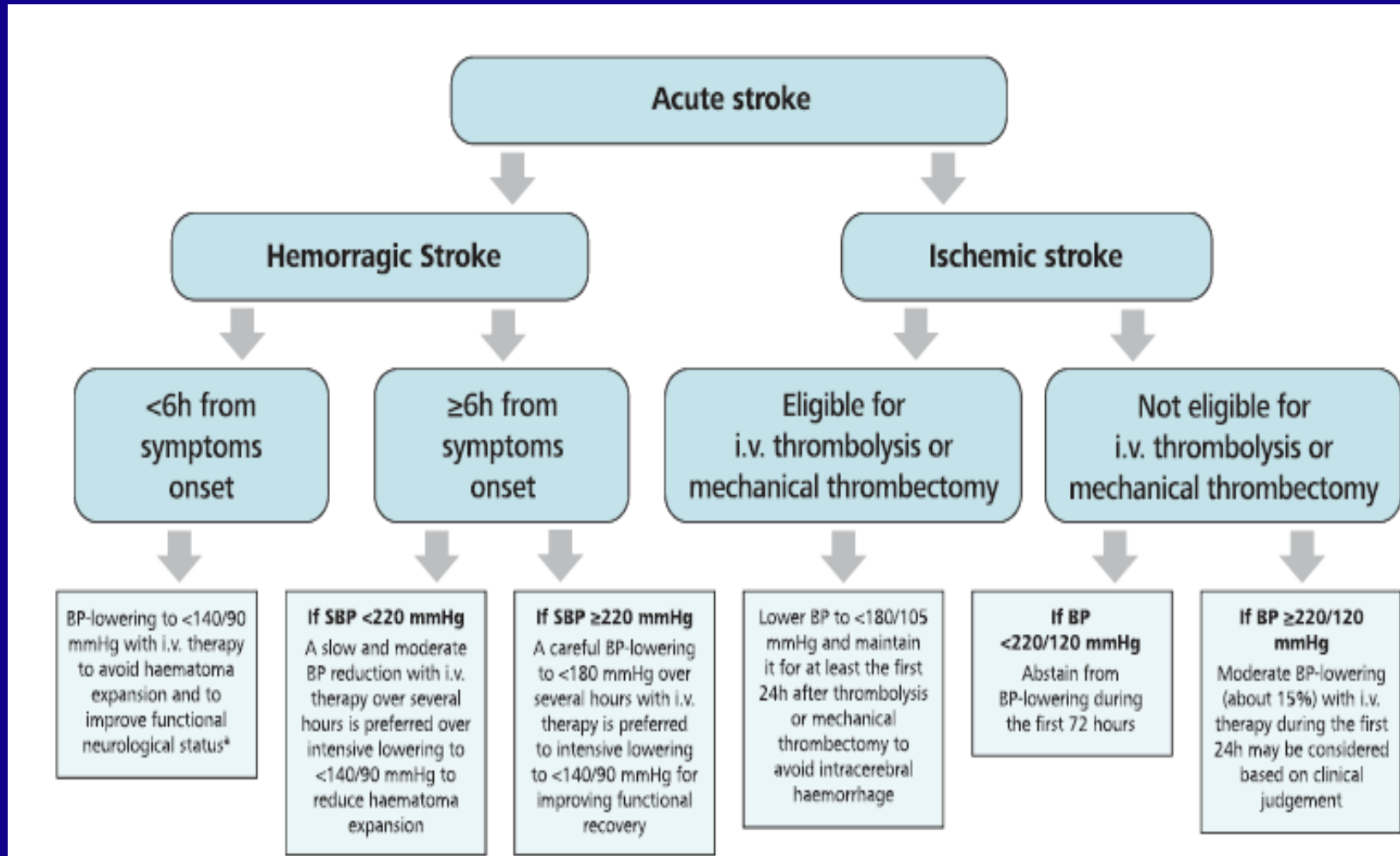
# Přerušení nebo pokračování antihypertenzní léčby u hCMP?

## **Expert consensus statement**

In patients acute intracerebral haemorrhage who need blood pressure lowering therapy to maintain blood pressure within the recommended range and who do not have swallowing problems, we suggest continuation of prior oral antihypertensive agents. Vote 10 of 10.

In patients with acute intracerebral haemorrhage who need blood pressure lowering therapy to maintain blood pressure within the recommended range and who have dysphagia or decreased level of consciousness, we suggest temporarily stopping previous oral hypertensive therapy and using intravenous antihypertensive agents until swallowing is restored or a nasogastric tube is in place. Vote 10 of 10.

# Léčba HT v akutní fázi CMP





# Léčba HT v akutní fázi CMP

Recommendations and statements	CoR	LoE
In patients with hemorrhagic stroke and < 6h after symptom onset, a BP <140/90 mmHg can be considered to avoid hematoma expansion.	II	B
In patients with hemorrhagic stroke >6h after symptom onset, an SBP ≥220 mmHg may be carefully lowered with i.v. therapy to <180 mmHg. If SBP < 220 mmHg, slow and moderate BP reductions are preferable over intensive BP to <140/90 mmHg.	II	B
In patients with acute ischemic stroke eligible for i.v. thrombolysis (IVT) or mechanical thrombectomy (MT), BP can be carefully lowered and maintained at <180/105 mmHg for at least the first 24 after intervention.	II	B
In patients not eligible for IVT or MT with BP ≥220/120 mmHg, drug therapy may be considered based on clinical judgement, to reduce BP by 15% during the first 24 h after the stroke onset.	II	B
In patients with acute ischemic stroke, routine BP-lowering with antihypertensive therapy is not recommended.	III	A

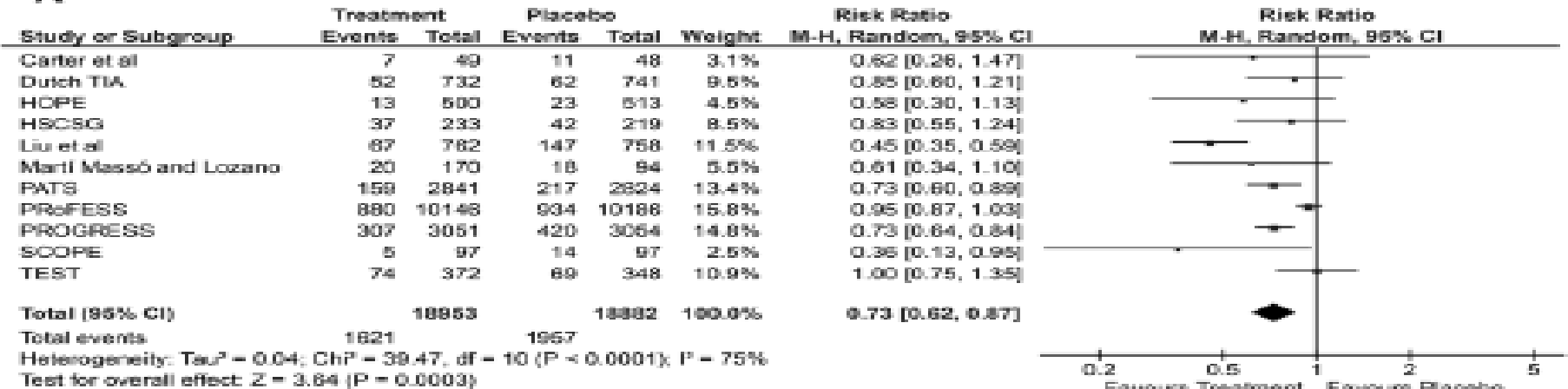
# Léčba hypertenze u CMP

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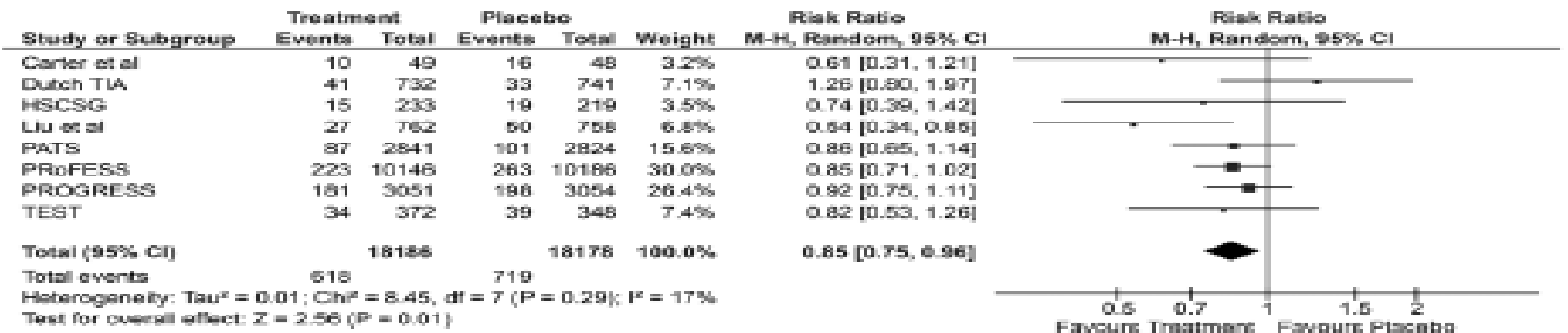
- Všeobecné poznámky
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- **Sekundární prevence**
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# Riziko opakovaných CMP a KV mortality po CMP: benefit antihypertenzní léčby

**A**



**B**





# Léčba HT u cerebrovaskulárních onemocnění:

- **Sekundární prevence**
- U nemocných po CMP (ischemické i hemoragické) vede antihypertenzní léčba k významnému snížení rizika její recidivy.
- Léčba je indikována u hypertenze a je vhodné ji podávat i při vysokém normálním TK
- Snížení STK <130 mmHg výhodné- pokles zejména hemoragických iktů
- Nejvíce dokladů o cerebroprotektivitě je u ACE-inhibitorů v kombinaci s diuretikem typu indapamidu
- lze použít také dihydropyridinové BKK nebo sartany. Ze základních antihypertenziv jsou nejméně účinné BB

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# Závěry I

- **Hypertenze je nejdůležitějším rizikovým faktorem ischemické i hemorhagické CMP**
- **Adekvátní kontrola TK výrazně snižuje riziko CMP i recidiv**
- **Léčba hypertenze v akutní fázi CMP je doprovázena řadou nejasností, odlišnosti u iCMP a hCMP**
- **Spontánní regrese TK i iCMP v průběhu 3 dní**
- **Cílový TK pod 140/90 mmHg, pod 130/80mmHg v sekundární prevenci**

# Kontrola hypertenze a mortalita na CMP



**...mortalita na CMP může být  
použita jako marker kontroly TK  
v populaci**

# Závěry

- Hypolipidemická léčba velmi vhodná, cílové hodnoty LDL pod 1,4 mmol/l v sek. prevenci CMP: Statiny+ ezetimib, ev. PCSK9
- Nejasné cílové hodnoty LDL po kardioembol. Či hemorhag. CMP
- Antidiabetická léčba u CMP- nejasný benefit, rozporné výsledky u gliflozinů navzdory snížení TK
- Antiagregační léčba po iCMP- ASA
- Kombinace ticagrelolu + ASA v sekundární prevenci ? , kombinace vaskulární dávky rivaroxabanu a ASA?
- Abstinence nikotinu



# XXII. SYMPOSIUM ARTERIÁLNÍ HYPERTENZE:

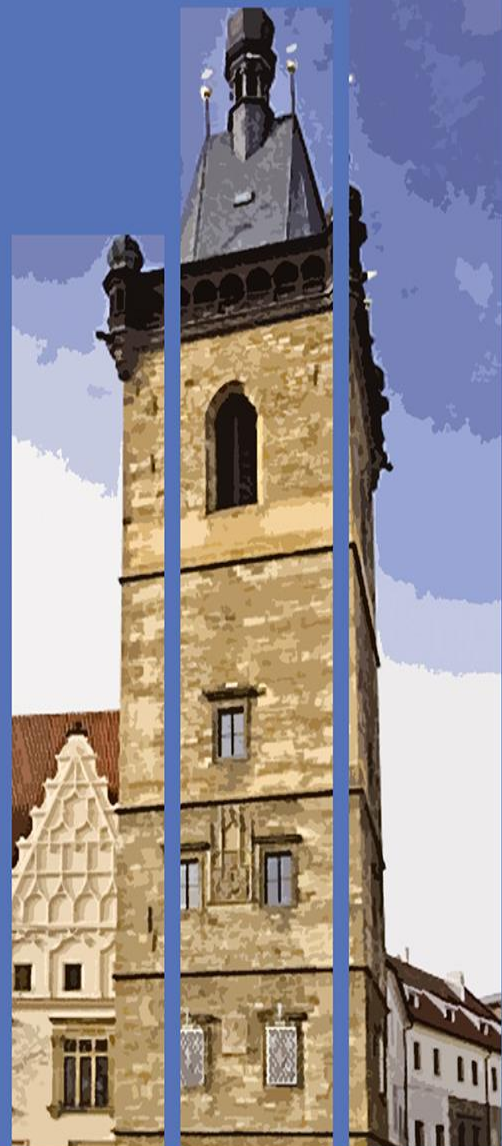
**současné klinické trendy**

**Symposium pořádá**

Česká společnost pro hypertenzi, z.s.  
v odborné spolupráci s Centrem pro výzkum,  
diagnostiku a léčbu hypertenze

III. interní kliniky 1. LF UK a VFN v Praze

**3. dubna 2024**



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