

Canadians' hypertension control improving, but more needs to be done: studies

<http://canadianpress.google.com/article/ALeqM5giQ1wQ11m3v6w731kgav95n7nc4Q>

excerpt:

In a related commentary, Drs. Sailesh Mohan and Norm Campbell of the University of Calgary say the contrast in hypertension prevalence rates between Leenen and Tu's studies likely result in part from the sources of their data.

Health-record data used by Tu's group may overestimate the prevalence of high blood pressure after 1999, they say, because of the introduction of the Canadian Hypertension Education Program, which increased awareness among physicians and the public.

"The sharp increase in the incidence of hypertension after 1999 reported by Tu and colleagues coincides with and probably represents an increase in the detection of hypertension rather than a true increase in its incidence," they write.

Still, Leenen's finding that one in three people with hypertension did not have it under control "clearly indicates that more needs to be done," Mohan and Campbell stressed.

"Although hypertension is preventable, it is estimated that the condition will develop in 90 per cent of Canadians. These are important challenges, and there is much that can be done to improve health through prevention and control of hypertension."