



# Women and Hypertension

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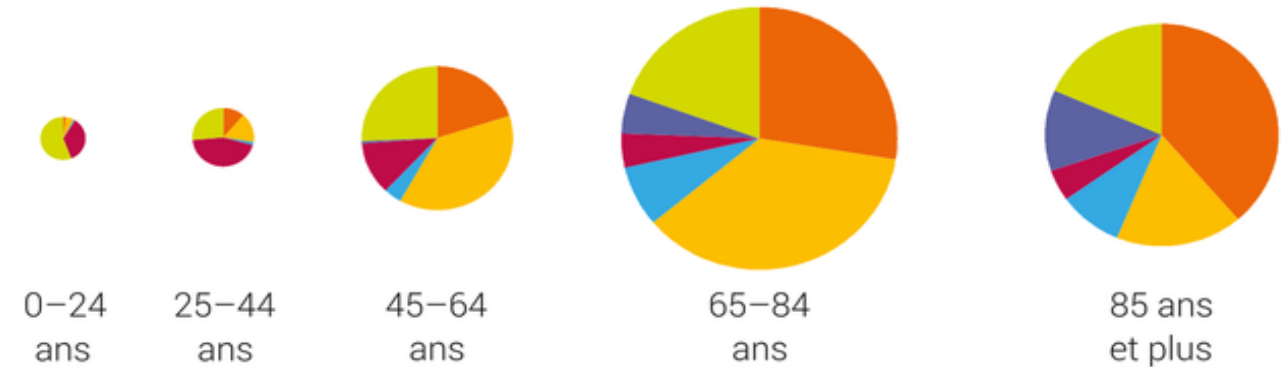
Hôpitaux  
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SERVICE DE NÉPHROLOGIE  
ET HYPERTENSION

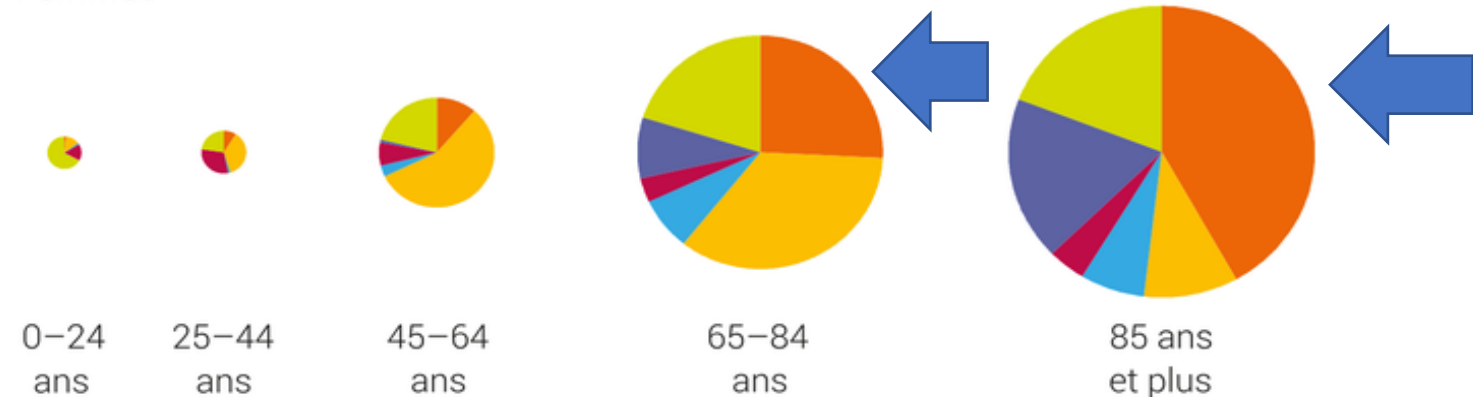
# Mortality in Switzerland



## Hommes



## Femmes



- Maladies cardiovasculaires
- Accidents et morts violentes
- Tumeurs malignes
- Démence
- Maladies de l'appareil respiratoire
- Autres

Les surfaces sont proportionnelles au nombre absolu de décès.

# Under pressure

- ✓ In Switzerland, about 2 millions with HBP
- ✓ Silent disease: treatment saves lifes
- ✓ Easy screening recommended since childhood



## MOST DANGEROUS EFFECTS OF HIGH BLOOD PRESSURE

High blood pressure can increase your risk of:



HEART ATTACK AND  
HEART FAILURE



STROKE



NARROWING OF BLOOD  
VESSELS IN KIDNEYS



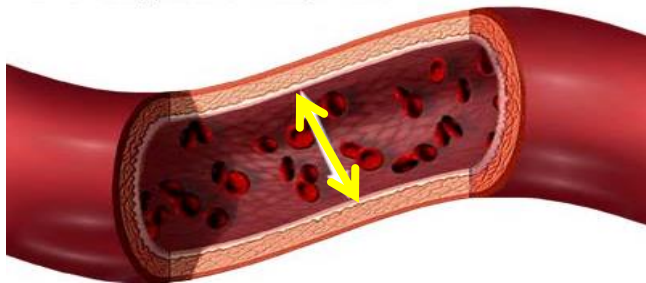
PLAQUE BUILDUP  
IN ARTERIES

# What is hypertension?

- Blood pressure is the tension in artery walls

**Pressure too high= hypertension**

- Blood pressure depends on vessel resistance, blood volume and heart ejection function



# Does blood pressure vary?

Blood pressure adapts to every situation to maintain organ perfusion



# What is hypertension?

- Hypertension is defined as a BP of more than 140/90mmHg (135/85mmHg à domicile) while resting
- It can be «essential» or more rarely secondary to an endocrine, renal or vascular disease ( younger patients)



# Prevalence

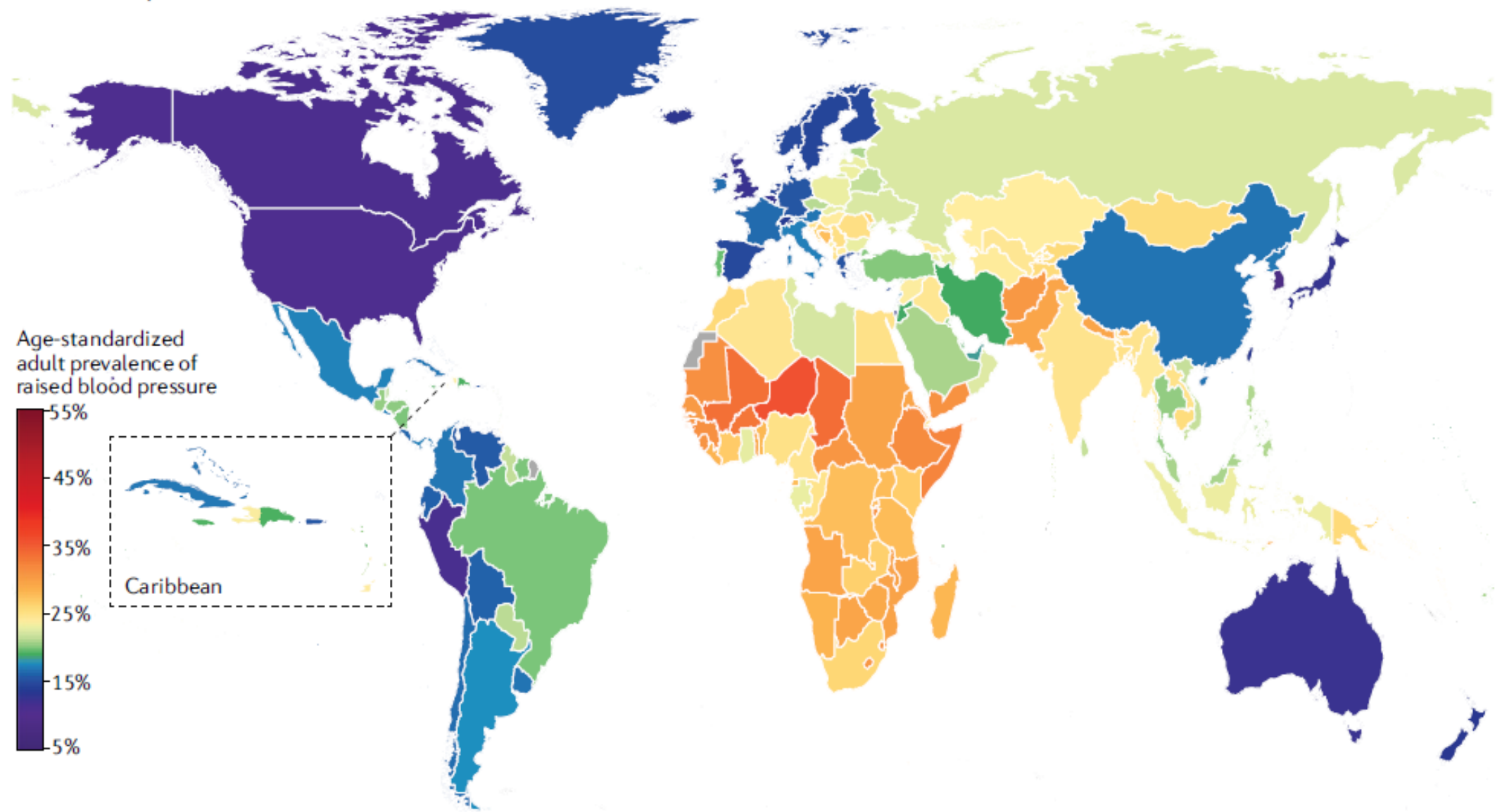
In Switzerland



| Facteurs de risque         | Fréquence dans la population |
|----------------------------|------------------------------|
| Dyslipidémie               | env. 30 à 35%                |
| Hypertension artérielle    | env. 35 %                    |
| Tabagisme                  | plus de 25%                  |
| Manque d'activité physique | plus de 50%                  |
| Surpoids                   | env. 20 à 30%                |



# Raised blood pressure, women 2015



- American Samoa
- Bahrain
- Bermuda
- Brunei Darussalam
- Cabo Verde
- Comoros
- Cook Islands
- Fiji
- French Polynesia
- F.S. Micronesia
- Kiribati
- Maldives
- Marshall Islands
- Mauritius
- Montenegro
- Nauru
- Niue
- Palau
- Samoa- Sao Tome and Principe
- Seychelles
- Solomon Islands
- Tokelau
- Tonga
- Tuvalu
- Vanuatu

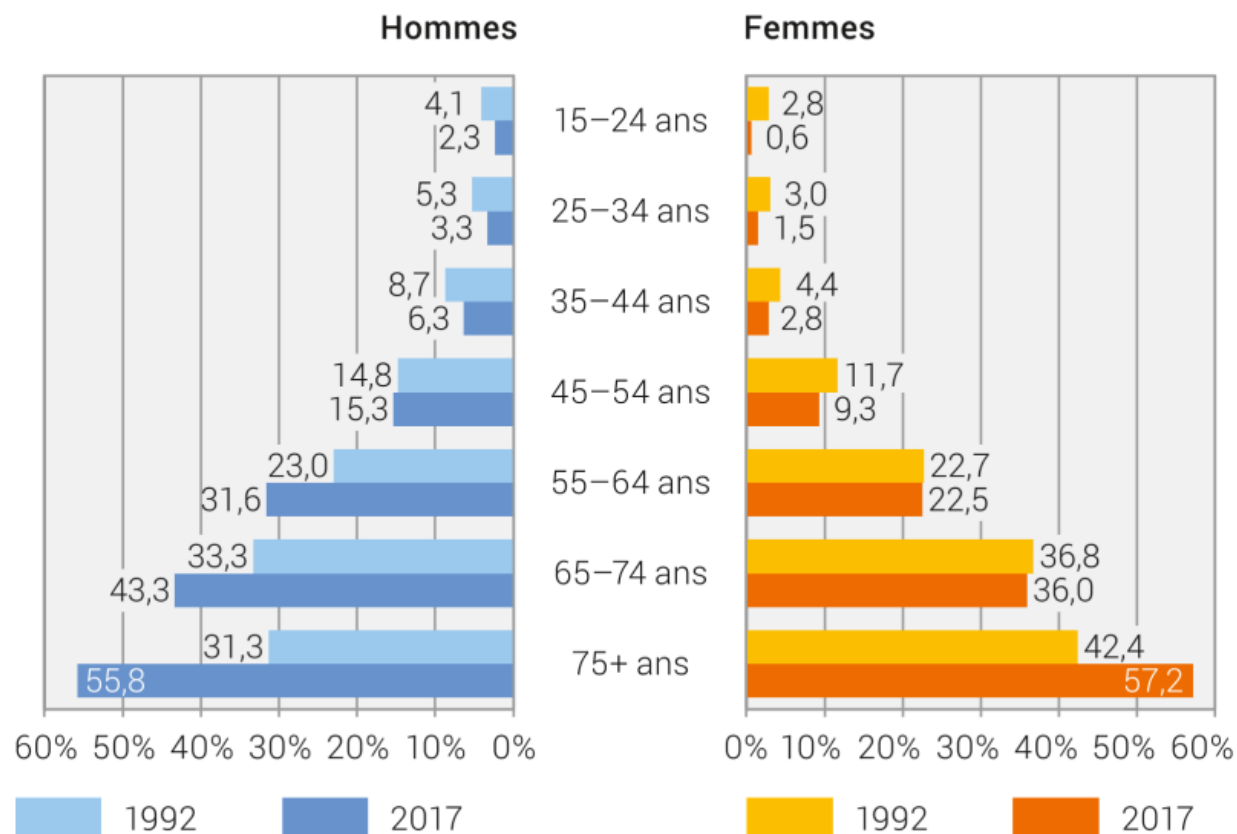


# What about women?

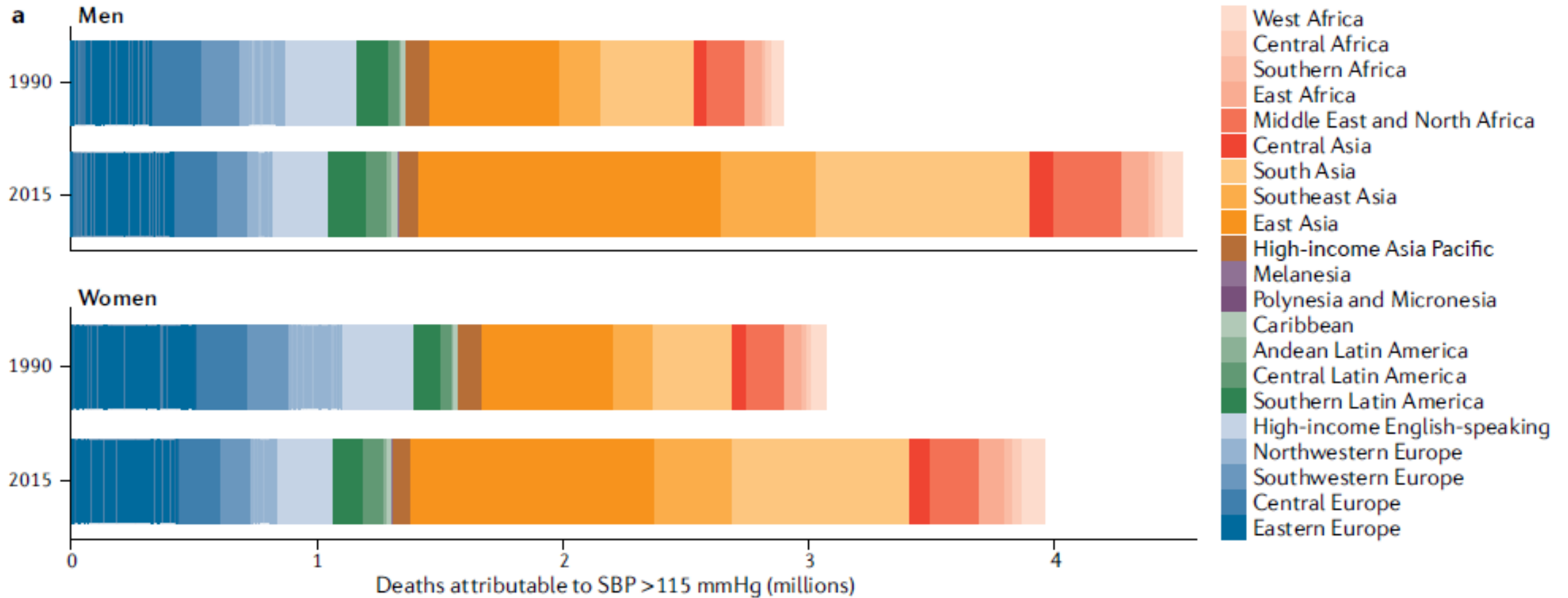
- Before menopause, women have lower BP than men
- Hypertension definition is unique
- Pregnancy can unmask Hypertension and cardiovascular risk

## Personnes souffrant d'hypertension

Population de 15 ans et plus vivant en ménage privé



# Hypertension is deadly



Cardiac and renal deaths

# How do I prevent/treat hypertension?

- Decreasing BP from 10mmHg decreases CV mortality from 20% et cardiovascular and renal disease risk form 40%
- What is the cause? (risks factors for secondary?)
- Is there organ damage? ( heart, kidney, eye, brain)
- Hygiemo dietetic measures come first



## La pyramide alimentaire suisse

### Sucreries, snacks salés & alcool

En petites quantités.

### Huiles, matières grasses & fruits à coque

Chaque jour une petite quantité d'huile et fruits à coque. Beurre/margarine avec modération.

### Produits laitiers, viande, poisson, œufs & tofu

Chaque jour 3 portions de produits laitiers et 1 portion de viande/poisson/œufs/tofu...

### Produits céréaliers, pommes de terre & légumineuses

Chaque jour 3 portions. Produits céréaliers de préférence complets.

### Légumes & fruits

Chaque jour 5 portions de couleurs variées.

### Boissons

Chaque jour 1-2 litres de boissons non sucrées. Préférer l'eau.



Chaque jour au moins 30 minutes de mouvement et suffisamment de détente.



# How I treat?

- Exercise
- Weight loss ( strong correlation)
- Decreasing salt intake+++
  - WHO target 2 gr Na<sup>+</sup>/ jour (5g NaCl).
  - Usual intake in Switzerland : 10.8 gr NaCl
- Medications are numerous and very efficient









# Women specificity?

- BP targets are similar
- Studies have included less women
- Dose adaptation is needed
- Treatment seems slightly more efficient in women when available

# In conclusion...

- Hypertension is extremely frequent in men and women( 50% more than 65 years)
- Easy to screen and treat
- Weight loss, exercise, limited salt intake are the basis of care for hypertension
- Treatment improves mortality, cardiovascular disease including stroke and renal events

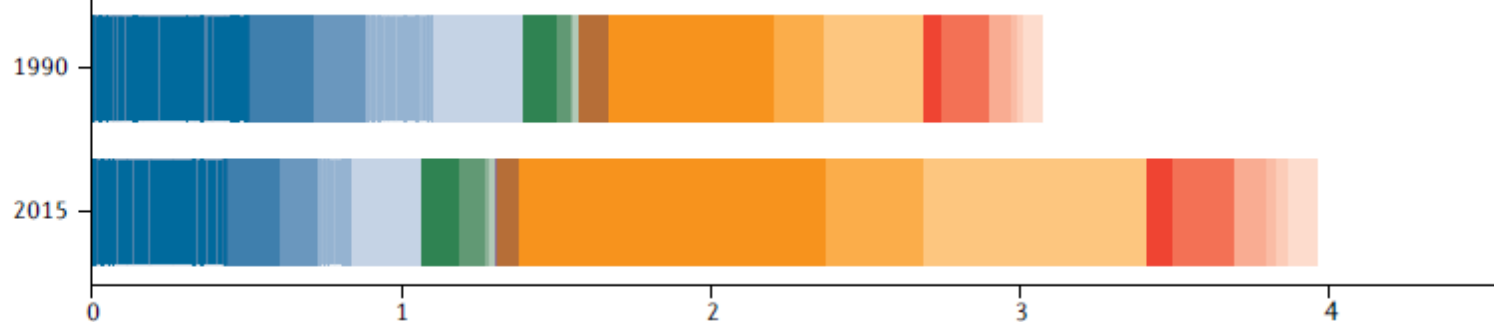




**a** Men



Women



Deaths attributable to SBP >115 mmHg (millions)

- West Africa
- Central Africa
- Southern Africa
- East Africa
- Middle East and North Africa
- Central Asia
- South Asia
- Southeast Asia
- East Asia
- High-income Asia Pacific
- Melanesia
- Polynesia and Micronesia
- Caribbean
- Andean Latin America
- Central Latin America
- Southern Latin America
- High-income English-speaking
- Northwestern Europe
- Southwestern Europe
- Central Europe
- Eastern Europe