

Optimal BP control in CKD patients

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In chronic kidney disease (CKD) patients, hypertension is a common clinical problem and is increasing in prevalence according to CKD stage. In addition, hypertension is one of significant risk factor for progression of CKD and contributes to increasing risk of adverse clinical outcomes including cardiovascular outcomes in CKD population. Although adequate control of blood pressure is essential to improve renal and cardiovascular outcomes in patients with CKD, several issues such as accurate methods of blood pressure monitoring and optimal target of blood pressure is not yet established. Moreover, regarding that advanced CKD patients has been frequently excluded in a lot of clinical trials, there were few evidences about hypertension-related problems. Present guidelines for BP control in CKD patients has been relatively flexible and the target of BP was ascended steadily compared with that of previous guidelines. However, a recent randomized controlled study showed that strict BP control improves clinical outcomes in patients including CKD. It is likely to change the BP target in the future clinical practice guideline for BP control. Meanwhile, the reverse epidemiology phenomenon about target BP has been widely accepted in dialysis patients groups. Therefore, I am reviewing the unresolved issues and controversies in CKD patients with hypertension including optimal BP target and adequate monitoring of BP in CKD patients.