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The Optimal Level of Blood Pressure in Patients with Chronic Kidney Disease

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Many studies have tried to find an appropriate level of blood pressure (BP) in patients with chronic kidney disease (CKD). However, there has been much controversy on this issue among studies and the general consensus has not yet been reached on which BP level is optimal in these patients. The goal of BP control should encompass reduction in adverse cardiovascular events and mortality and attenuation of CKD progression. The 8th JNC panel suggests a BP target of < 140/90 mmHg in patients with CKD, regardless of diabetic status or presence of proteinuria. In contrast, the KDIGO guideline more specifies BP targets depending of these two factors and suggests a bit lower level of blood pressure target, which is < 130/80 mmHg in patients with albuminuria. However, evidence levels for these guidelines are not strong because many randomized controlled trials failed to prove that the lower BP target is better with respect to improving clinical outcomes in patients with CKD. In this session, I will briefly go over several important studies to date and deal with the issues that these studies have. In addition, my colleagues and I recently analyzed the relationship between BP levels and CKD outcomes in Korean population using two large-scale databases. One comes from the KoreaN cohort study for Outcome in patients With Chronic Kidney Disease (KNOW-CKD), a multicenter nationwide prospective cohort study, and the other from national health-check up database. I will also show the relevant data on these.