



Lecture Code : HVB01-S3

Session Name : Hypertension and Vascular Biology

Session Topic : -

Date & Time, Place : June 19 (Thu) / 15:00-17:00 / Room 2 (GBR 102)

---

## **An Ambulatory BP Monitoring or BP Variability in CKD**

**Haruhito Uchida**

*Okayama University, Japan*

---

Chronic kidney disease (CKD) is a major risk factor for end-stage renal failure, cardiovascular disease, and mortality. Therefore, preventing CKD progression and reducing cardiovascular complications are critical treatment goals. One of the essential aspects of CKD management in clinical practice is achieving optimal blood pressure (BP) control. Numerous observational studies have demonstrated that hypertension is a significant risk factor for CKD development. However, evidence from interventional studies on the ideal BP target in CKD patients remains insufficient. Most of the available evidence relies on office BP measurements. Yet, in patients with CKD, comprehensive BP management should encompass office BP, home BP monitoring (HBPM), ambulatory BP monitoring (ABPM), and nocturnal BP assessment. These modalities allow for the detection of high-risk phenotypes—such as masked hypertension and morning surge—that may be overlooked with office measurements alone. Consequently, incorporating out-of-office BP measurements into the diagnostic and therapeutic framework is essential for both delaying CKD progression and reducing cardiovascular events. The organ-protective benefits of BP control stem primarily from BP reduction itself, highlighting the importance of achieving 24-hour BP regulation. To achieve sustained and optimal BP control, treatment strategies should consider three critical elements: 24-hour BP levels, circadian BP rhythms, and BP variability. In this lecture, we will discuss the significance of ABPM in CKD patients, emphasizing its role in evaluating these key parameters to enhance BP management and organ protection.

**Keywords:** hypertension, chronic kidney disease, cardiovascular event, ABPM, BP variability