



# Guideline for the pharmacological treatment of hypertension in adults

WEB ANNEX A

Summary of evidence



World Health  
Organization

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## PICO question 1: At what level of blood pressure should pharmacological therapy be started to prevent cardiovascular events?

### Systematic review for desirable and undesirable effects

Evidence was considered in respect of the following components (Table 1) to determine at what level of blood pressure pharmacological therapy should be started to prevent cardiovascular events (Tables 3–15).

Table 1 Components for PICO question 1

Population	Intervention	Comparison	Outcome	Subgroup
<b>Adults suspected of or who have hypertension</b>	Specific systolic and diastolic blood pressure thresholds*: - Systolic (mm Hg): - ≥120 - ≥130 - ≥140 - ≥150  - Diastolic (mm Hg): - ≥80 - ≥90	- placebo - systolic or diastolic BP threshold that is higher than intervention thresholds	- death (all-cause mortality) - cardiovascular death (death from MI, sudden cardiac death or stroke) - stroke - myocardial infarction - end-stage kidney disease - cognitive impairment/dementia - heart failure events - adverse effects	- based on different effect modifiers such as: - estimated cardiovascular risk (pre-existing cad) - stroke - diabetes - age - sex - chronic kidney disease - race/ethnicity

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