

MEDIA RELEASE

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New dangers about women suffering blood-clotting strokes in the mornings

Today (Sunday, 30 Sept) is the first day of the 24th Scientific Meeting of the International Hypertension Conference in Sydney looking at research advances in high blood pressure, a silent killer which impacts 1 in 4 of the population.

Australian researcher, Professor Geoff Head, from Baker IDI Heart and Diabetes Institute, will present new findings which show the chance of a woman suffering a blood-clotting stroke amongst those who experience morning surges in their blood pressure is extremely high.

Approximately 1/5 of women who experience a rapid rise in morning blood pressure have double the risk of a stroke caused by blood clotting during the early hours of the day, which could have major implications for blood pressure treatment and management.

The discovery was made after analysis of a 10-year study of 1500 patients and is the first time researchers have looked at morning blood pressure surges in this way.

The morning period has been recognised as the highest risk period of the day for cardiovascular events, particularly stroke.

Professor Head says these findings highlight the benefits of 24-hour ambulatory or home blood pressure monitoring to help identify the peaks and troughs in a person's blood pressure and assist with more targeted treatment.

Professor Head is a part of the Australian Ambulatory Blood Pressure Measurement Collaborative which advocates for the use of ambulatory monitoring to define abnormal patterns of blood pressure, including morning hypertension.

At the *International Society of Hypertension* meeting approximately 2000 delegates will hear from 60 invited speakers, including two Nobel Laureates. Themes include the effect of high blood pressure on different population groups, the brain and nervous system, the heart and vascular system, diabetes, the endocrine and renal systems as well as highlighting public health issues including high blood pressure in children, diagnosis and new and emerging treatments.

Hypertension, better known as high blood pressure, affects about one-third of our population. Many don't know they have it, some are managed well with medicines while about 25 per cent don't have the condition under control. High blood pressure is the single biggest contributor to death from a heart attack or stroke.

For further information about the meeting go to <http://www.ish2012.org>

For more information or to arrange an interview please contact Fran Hagon on 0405066022 or franhagon.media@gmail.com.