Trial Description: Elderly patients with hypertension were randomized to intensive ambulatory blood pressure lowering (systolic ≤130 mm Hg) versus standard ambulatory blood pressure lowering (systolic = 145 mm Hg).

RESULTS
• Co-primary outcome, percent change from baseline to end of study white matter hyperintensity: 0.29 in the intensive group compared with 0.48 in the standard group (p = 0.03)
• Co-primary outcome, change from baseline to end of study gait speed: 0.4 in the intensive group compared with 0.4 in the standard group (p = 0.91)

CONCLUSIONS
• Among elderly patients with hypertension, intensive lowering of systolic blood pressure reduced the development of subcortical white matter disease
• However, intensive lowering of systolic blood pressure was not associated with improvement in mobility

Presented by Dr. William B. White at ACC 2019