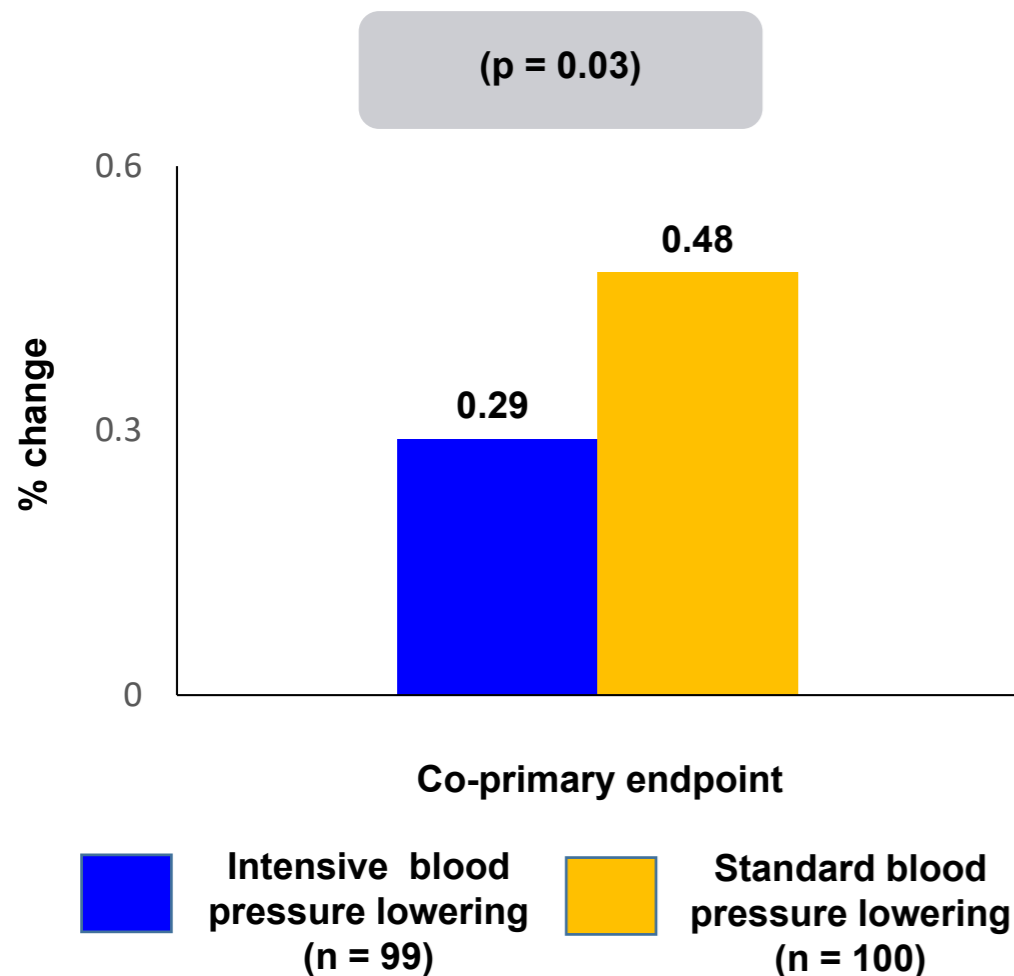


**Trial Description:** Elderly patients with hypertension were randomized to intensive ambulatory blood pressure lowering (systolic  $\leq 130$  mm Hg) versus standard ambulatory blood pressure lowering (systolic = 145 mm Hg).



### 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