

Evaluation of Optimal Diastolic Blood Pressure Range Among Adults With Treated Systolic BP<130mmHg

OBJECTIVE: To evaluate whether there is a diastolic J-shape phenomenon for patients with treated systolic blood pressure of less than 130mmHg by analyzing outcome data of patients in SPRINT & ACCORD-BP trials.



The primary outcome: composite of



All-cause death



Nonfatal MI



Nonfatal stroke

The Key secondary outcomes: composite cardiovascular outcome including CV death, nonfatal MI & nonfatal stroke



DBP: 70-80mmHg

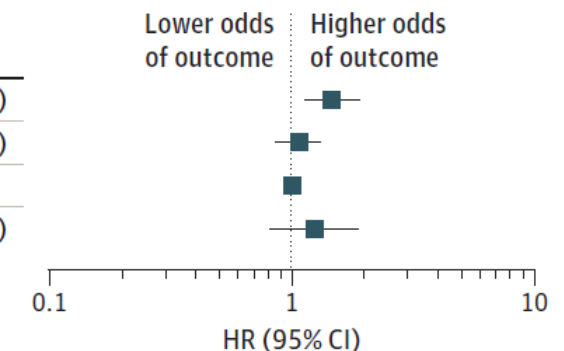
Lowest risk for the primary & key secondary outcomes

DBP: <60mmHg

Significantly increased risk of the primary outcome & key secondary outcomes

Primary outcome

| Mean DBP, mm Hg | HR (95% CI) |
|-----------------|------------------|
| <60 | 1.46 (1.13-1.90) |
| 60 to <70 | 1.07 (0.86-1.32) |
| 70 to <80 | 1 [Reference] |
| ≥80 | 1.24 (0.82-1.86) |



The findings suggest that a **DBP 70-80 mm Hg** is an **optimal target** for patients with treated SBP <130 mmHg