

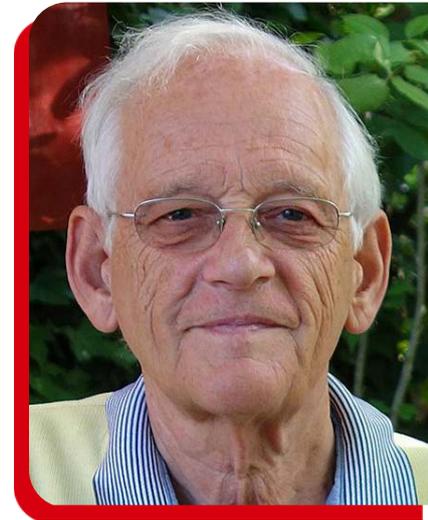
FROM THE EDITOR

BP medication most effective at night – a bedtime story?

LARS H LINDHOLM

Editor

DOI: 10.30824/2003-2



Dear ISH member,

About five months ago, Ramón Hermida and co-workers published a paper from Spain on the findings of the large (n=19,000) 'HYGIA Chronotherapy Trial' in the European Heart Journal, online¹. The authors found that taking blood pressure (BP) lowering drugs at bedtime instead of in the morning lowered the risk of 'mortality of all causes' by 45%, myocardial infarction by 34%, stroke by 49%, and cardiovascular mortality by 54%. Findings, somewhat difficult to believe! The idea to give BP lowering medication at night instead of in the morning, however, is not a bad one, since cardiovascular events like stroke and myocardial infarction often happen in the morning. Hence, good BP control during the night should be beneficial.

The coverage of these findings on television, in newspapers, and on social media has been considerable and many patients have asked their doctors to help them interpret the results. Surprisingly, the paper has not yet appeared in print. We have asked Bo Carlberg and Mattias Brunström from Umeå, Sweden, two experienced reviewers of cardiovascular papers, to take a close look at the paper and share their thoughts with our readers (page 17). In summary, Bo Carlberg and Mattias Brunström have concerns for the way the data have been reported and recommend that the results of two other ongoing studies (Bed Med and TIME) are awaited before a change of clinical practice is considered. Moreover, since many patients are on a diuretic, a possible negative effect on treatment compliance by night-time medication should be considered.

In this comprehensive issue of Hypertension News, we have tried to make the Newsletter more 'reader

friendly' by using a new template. The first page will remain the same for a year (four issues normally, with a DOI number for each issue) and then change. The texts have been divided into two halves with red and blue bars on top and at the bottom. Papers in the first half (red bars) carry individual DOI numbers. In the second (blue bars) half, we publish reports from meetings, society committee reports, updates, and adverts. One of my problems as Editor today, is to keep the number of pages in each issue at a reasonable level. With the number of downloads per issue going up steeply we get more and more texts to consider for publication.

On page 26, you will find Dylan Burger's data on how many readers have accessed the November 2019 issue (Opera 57-58). The results are just great! About 11,500 readers – the highest number ever – have so far accessed that issue. A few years ago, we would have been glad if we had reached a thousand! The members of the Editorial Board feel greatly encouraged by these figures and I would like to express my thanks to all the Board members, the ISH Secretariat, and the authors for their dedicated work.

Finally, I would like to recommend you to read Murray Epstein's obituary (page 8) of Norman Hollenberg – a really great man and an outstanding scientist!

Have a good read!

Reference

1. Hermida RC, Crespo JJ, Domínguez-Sardina M et al. Bedtime hypertension treatment improves cardiovascular risk reduction: the Hygia Chronotherapy Trial. Eur Heart J 2019; doi: [10.1093/eurheartj/ehz754](https://doi.org/10.1093/eurheartj/ehz754)

Lars H Lindholm: lars.h.lindholm@umu.se

