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Values of ambulatory blood pressure monitoring for prediction of cognitive function impairment in elderly hypertensive patients

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Background: Hypertension has been shown to carry an increased risk not only for cerebrovascular morbidity and mortality but also for cognitive impairment and dementia. Ambulatory blood pressure (ABPM) is a better predictor of cardiac, renal, and cerebral disease in middle-aged and older people with hypertension.

Patients and Methods: The study included 77 elderly (equal or more than 65 years) subjects. Based on the history of hypertension, office blood pressure, and ABPM, patients were classified into two groups: Group I: 22 persons as a control, Group II: 55 hypertensive patients. The hypertensive group further sub classified by using data of ABPM into dipper and non-dipper. The studied groups were subjected to clinical examination, laboratory analysis, ABPM, echo examination, magnetic resonance imaging (MRI), and assessment of cognitive function.

Results: There was a weak positive correlation between MRI score and office systolic and diastolic blood pressure in hypertensive group and it was statistically non-significant, while there was statistically significant positive correlation between MRI score and average 24hrs systolic, diastolic and means arterial blood pressure, average morning systolic, diastolic, mean arterial blood pressure, average night systolic, diastolic and mean arterial blood pressure, while there was statistically significant negative correlation between MMSE score and the previous parameters.

Conclusion: The study demonstrated a significant value of ABPM over the office blood pressure measurement for detection of cognitive function impairment and a significant correlation between MMSE, MRI score and hypertension.

Biography

Khaled S. Mahmoud has completed his M.D. at the age of 34 years from Al-Minya University, Egypt. He is currently working as an Associate Professor of cardiology at Al-Minya University, Egypt. He has published more than 26 papers in reputed journals.

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