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## What do we know about high blood pressure in elderly?

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One quarter of Americans will be older than 65 by 2030 and more than half of this population will be older than 80 years and hypertension in this group will be ubiquitous. Most studies of hypertension exclude octogenarians and are not able to be generalized because of differences in physiologic and social phenomena. This presentation will review and evaluate the existing literature in an effort to identify unresolved issues and guide future areas of investigation. Hypertension has been well characterized in adults and the young elderly and the focus is on optimizing treatment regimens. However, research specifically involving this rapidly growing minority is sparse. Most studies are still trying to characterize blood pressure goals and only one major series has begun to evaluate treatment options. Based on available evidence, it appears that an appropriate blood pressure goal may be somewhat higher in octogenarians and that thiazide diuretics may be the initial treatment of choice.

### Biography

Hossein Tabriziani has completed his MD from Iran University of Medical Sciences. He finished his Internal Medicine residency at St. Barnabas Hospital, Weill Cornell Medical College in New York. Then, he obtained his fellowship in Nephrology and Hypertension at Georgetown University in Washington, DC and continued his education at University of California San Francisco (UCSF) with a Transplant Nephrology fellowship. He was appointed as a Medical Director of Pancreas Transplantation at Westchester Medical Center, New York Medical College before moving to Loma Linda University in California to serve as Assistant Professor of Medicine in Transplant Nephrology division. He is an active member of American Society of Nephrology and American Society of Transplantation. His interest lies in hypertension and oxidative stress in patients with chronic kidney disease and transplantation.

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