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## Blood pressure variability and clinical outcome

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**Problem statement:** Blood pressure variability is associated with increased risk of cardiovascular morbidity and mortality and poor kidney outcomes and impaired cognition function and increase all-cause mortality and can be divided into very short term and short term and midterm and long term and can be evaluated by many indices and now days most of studies suggest that guidelines should be recognized these variability and direct the treatment specially in those with hypertension as most recognized ASCOT trial mention that and showed that such variability mainly long term visit to visit variability associated with increased risk of heart attack, stroke and atrial fibrillation even with those with average blood pressure

**Keywords:** Variability, cardiovascular, long term, stroke, ASCOT