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Changes in Blood Pressure May Lead to Changes in Treatment

In many studies covering thousands of people, researchers found that patients whose blood pressure varied the most, even without a high average, had six times greater the chance of having a stroke than those with stable blood pressure.

Doctors were prompted to complete the research after questioning the dangers of using an average blood pressure to recommend treatment with the assumption that the occasional spikes in blood pressure while retaining a low average could be harmful.

Those with the highest spikes in blood pressure were most likely to have a stroke even if their average blood pressure wasn

Published on : Mon, 22 Mar 2010