



Masked Hypertension and Cardiovascular Disease in African Americans

Purpose of the study

Masked hypertension is when a person's blood pressure in a doctor's office is normal, but their blood pressure outside of the doctor's office is high. Masked hypertension is related to the chance of getting cardiovascular disease (CVD) in non-Black populations. Using the Jackson Heart Study, researchers wanted to see if masked hypertension was related to the chance of getting CVD and dying among African Americans.

Major findings

Masked hypertension was present in over half of the JHS participants. After taking into account risk factors, participants with masked hypertension had more than double the chance of getting CVD. Masked hypertension also increased the chance of dying from any cause in African Americans.

Take away message

Masked hypertension is common among African Americans with normal blood pressure in a doctor's office. Therefore, we recommend measuring their blood pressure within 24 hours outside of the doctor's office.



Citation: Booth JN, 3rd, Diaz KM, Seals SR, Sims M, Ravenell J, Muntner P, Shimbo D. Masked Hypertension and Cardiovascular Disease Events in a Prospective Cohort of Blacks: The Jackson Heart Study. *Hypertension*. 2016;68(2):501-510. PMID: 27354424.