

SEMINAR : Malaysian Society Of Hypertension 15th Annual Scientific Meeting

DATE : 19 – 21 TH JANUARY 2018

VENUE : HOTEL SHANGRILA , KUALA LUMPUR.

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SUMMARY OF IMPORTANT KEY POINTS :

- 1. SALT RESTRICTION HAS EVIDENCE TO PROVE STATISTICALLY, ABLE TO REDUCE BLOOD PRESSURE.**
 - Study done between two groups taking **1gm of salt vs 3 gm of salts** showed that the study group taking 1 gm of salt able to reduce 20mmhg of systolic pressure **lower** then the latter group

- 2. FOR TREATMENT OF HEART FAILURE , ANGIOTENSIN CONVERTING ENZYME INHIBITORS , BETA BLOCKERS AND MINERALOCORTICIDS ARE PROVEN TO BE USED**
 - For beta blockers , Bisoprolol and Nebivolol are the most beta blockers currently.
 - Nebivolol has the lowest ERECTILE DYSFUNCTION issues

- 3. PREVALENCE OF STROKE IS 300 CASES OVER 1000 HYPERTENSIVE PATIENTS**

- 4. NORMAL PROTEIN LOSS PER DAY IN OUR URINE IS LESS THEN 150GM PER DAY**

- 5. PROTON PUMP INHIBITORS CAN CAUSE HYPOMAGNESIMIA. LOW MAGNESIUM CAN LEAD TO INCREASE BLOODS PRESSURE.**