

Bloeddrukverlaging – leefstijl of meteen medicamenteus?

**Medicamenteus!**

Jaap Deinum, internist

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**Geen (potentiële) belangenverstremgeling,  
behalve voorliefde voor kroketten, Netflix en  
whisky**

# Bloeddrukverlaging: leefstijl

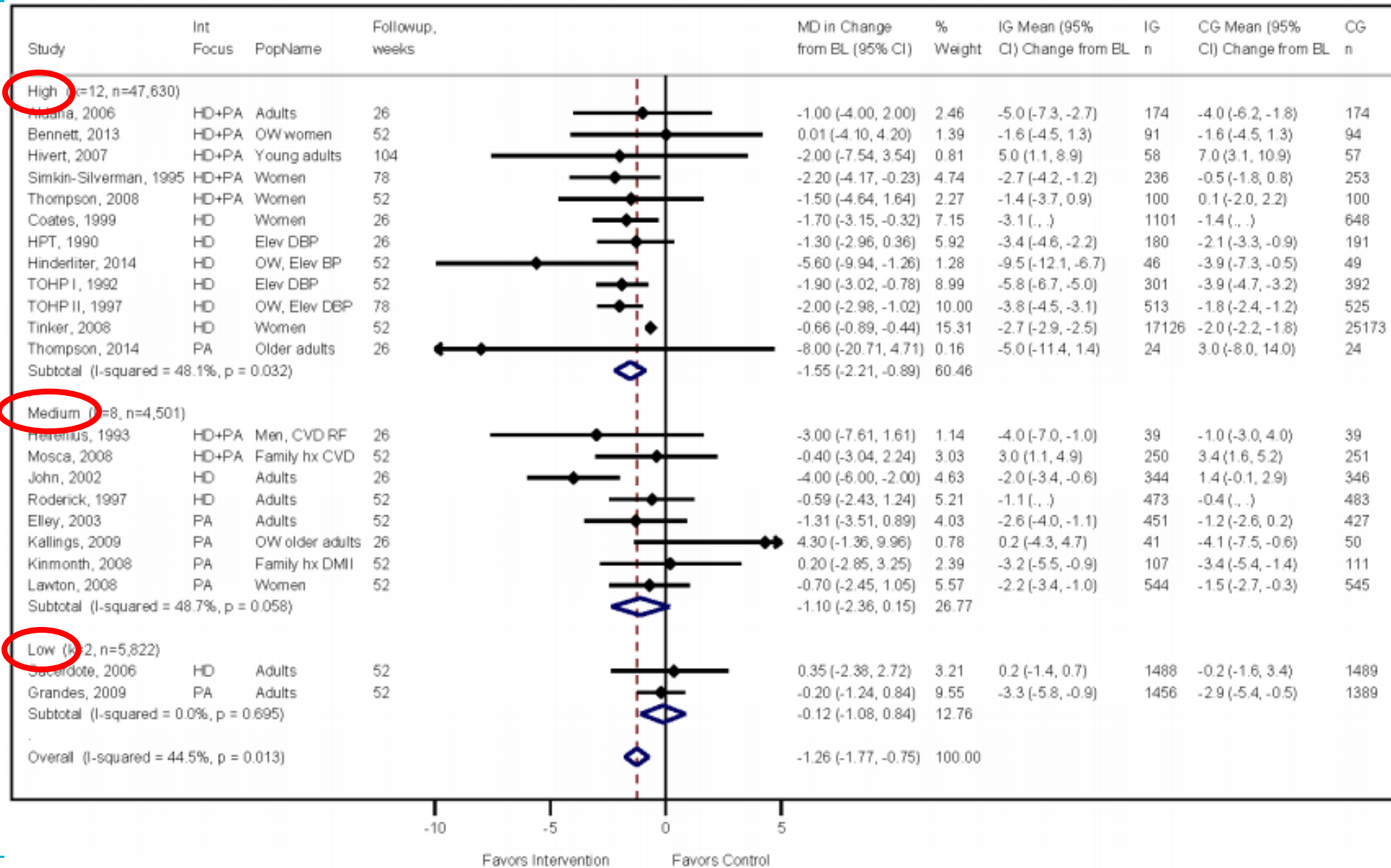
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Bloeddruk gaat omlaag van:

- zoutbeperking
- kalium
- bewegen
- alkoholbeperking
- afvallen
- meditatie
- dansen
- muziek
- knoflook
- acupunctuur
- seksuele activiteit
- ...

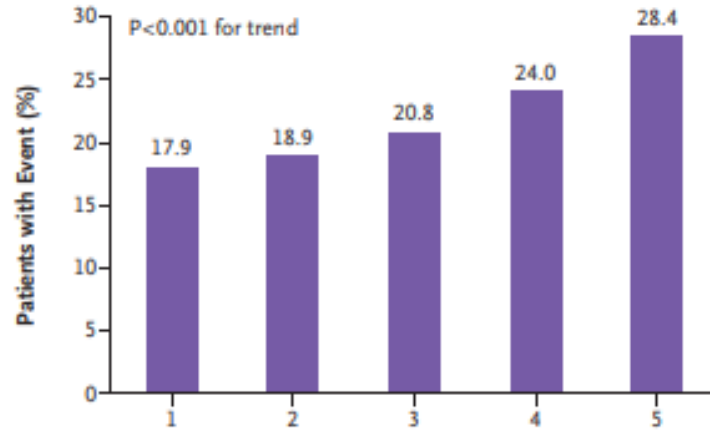


# Physical exercise/Healthy diet werkt!



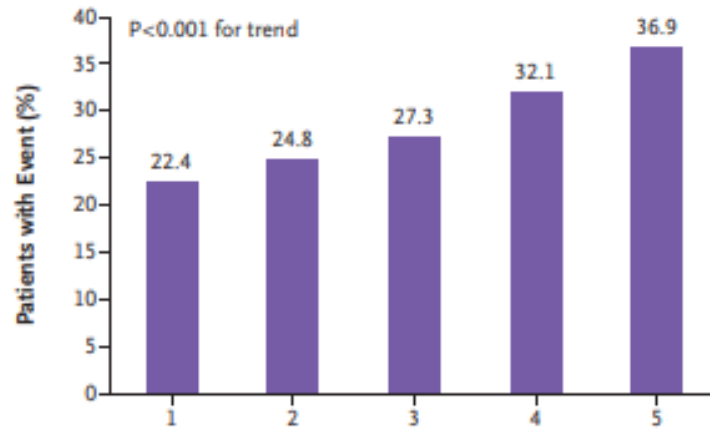
Jojoën....

**A Rates of Coronary Events**



	1	2	3	4	5
Mean Body-Weight Variability (kg)	0.93	1.39	1.76	2.25	3.86
No. of Events	340	359	395	456	541

**B Rates of Cardiovascular Events**



	1	2	3	4	5
Mean Body-Weight Variability (kg)	0.93	1.39	1.76	2.25	3.86
No. of Events	426	471	519	610	701

If fat, stay fat?

# To stay on a low salt diet is feasible, if you either....

Have the ascetism of a religious zealot (Pickering 1948)



Get whipped periodically (Kempner 1997)



Are an inmate in federal prison (Jones et al 2018)

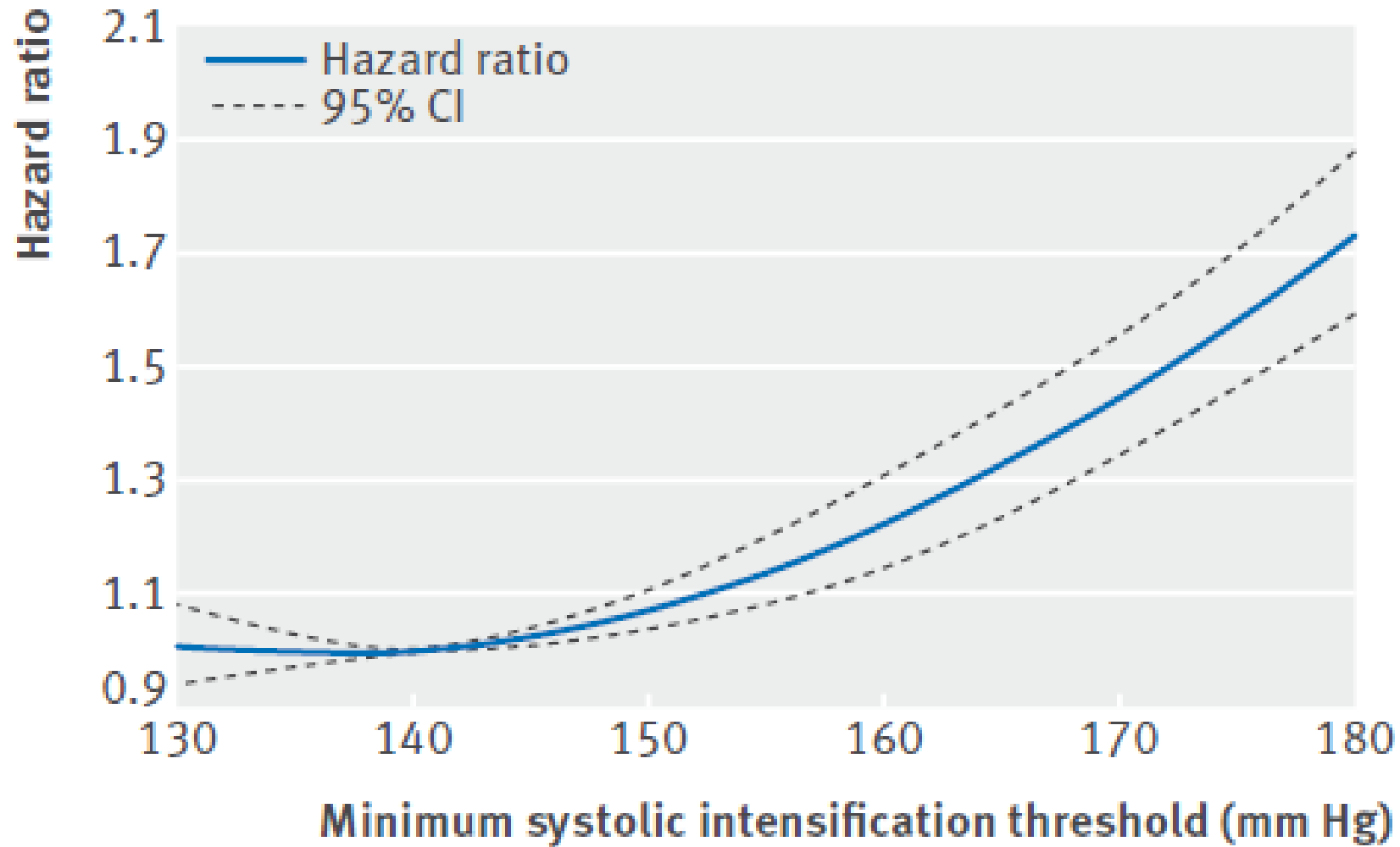


Get paid (Gong et al. 2018)



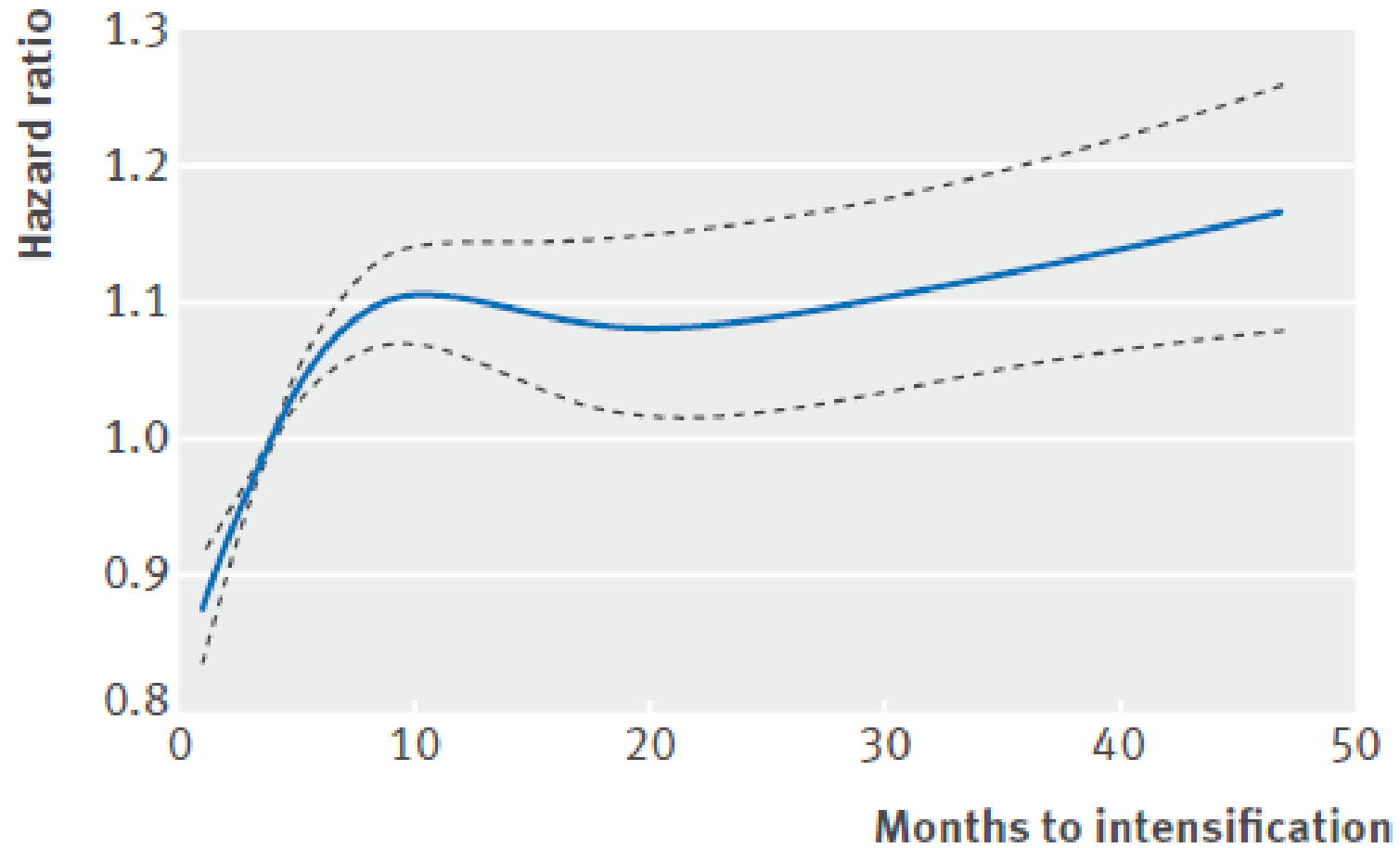
# Adequate bloeddruk belangrijk!

Risico op acute CV dood/sterfte



# Snel behandelen....

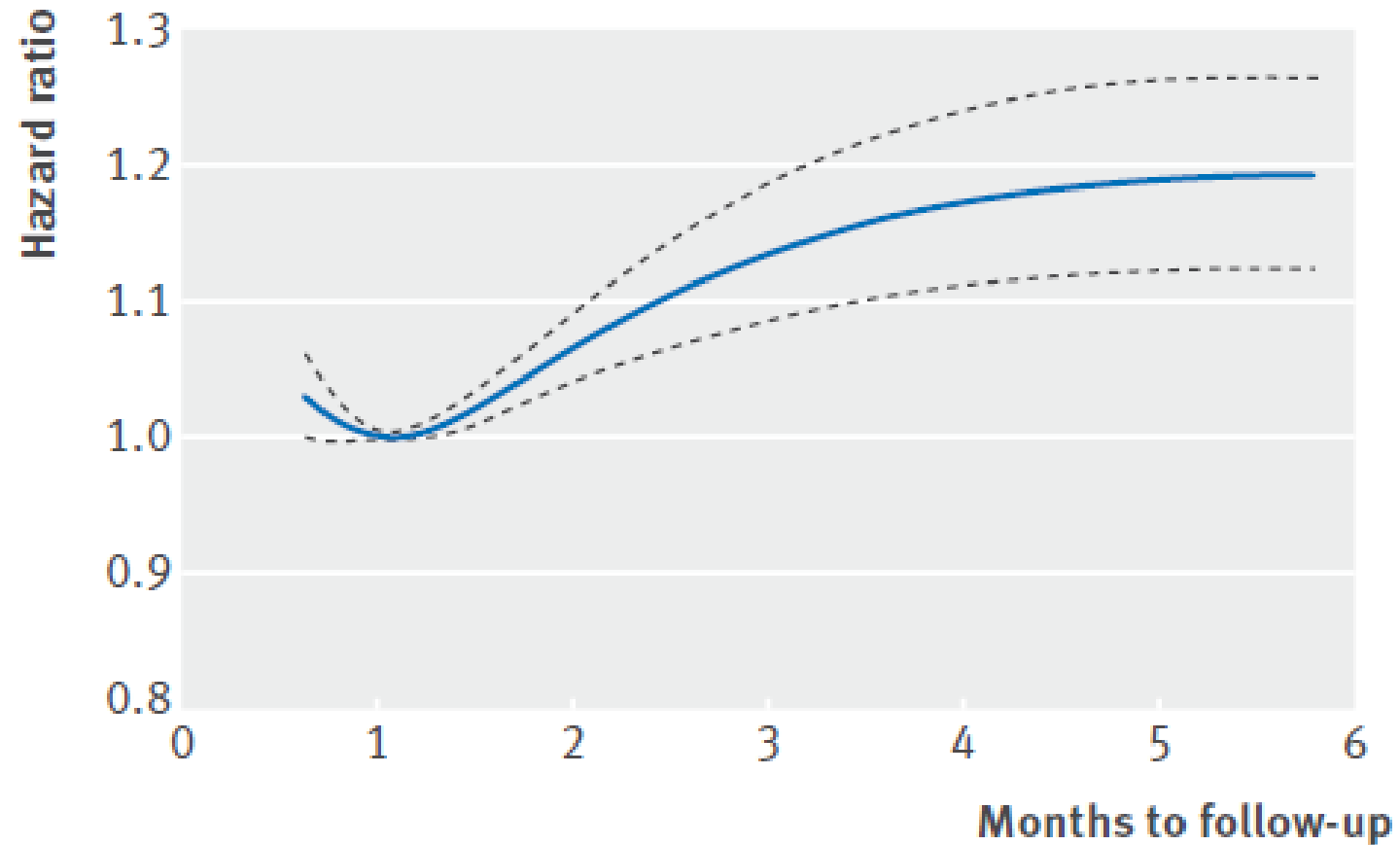
Risico op acute CV dood/sterfte





# Snelle en goede follow-up

Risico op acute CV dood/sterfte



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## WHAT THIS STUDY ADDS

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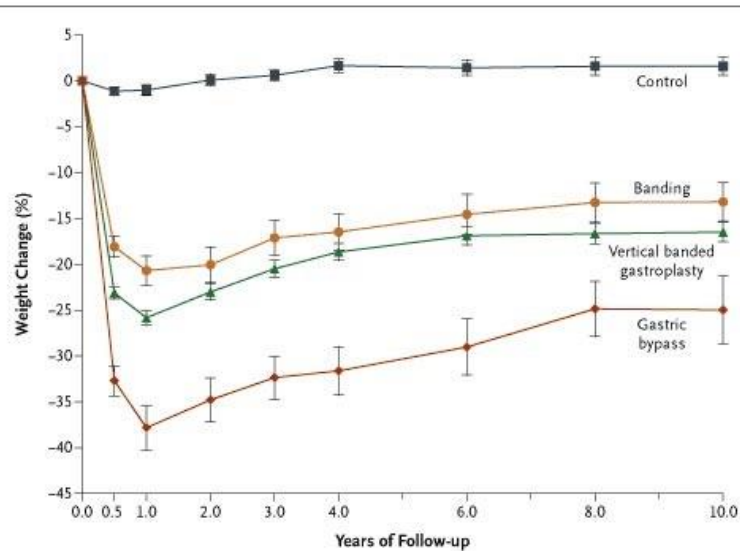
Systolic intensification thresholds higher than 150 mm Hg were associated with increased risk of subsequent acute cardiovascular events or death

Delays of greater than 1.4 months before medication intensification after systolic blood pressure elevation and delays of greater than 2.7 months before blood pressure follow-up after antihypertensive medication intensification were associated with increased risk

These findings support the importance of avoiding delays in medical management and follow-up in the treatment of patients with hypertension

# Alternatieven?

## Bariatrische chirurgie



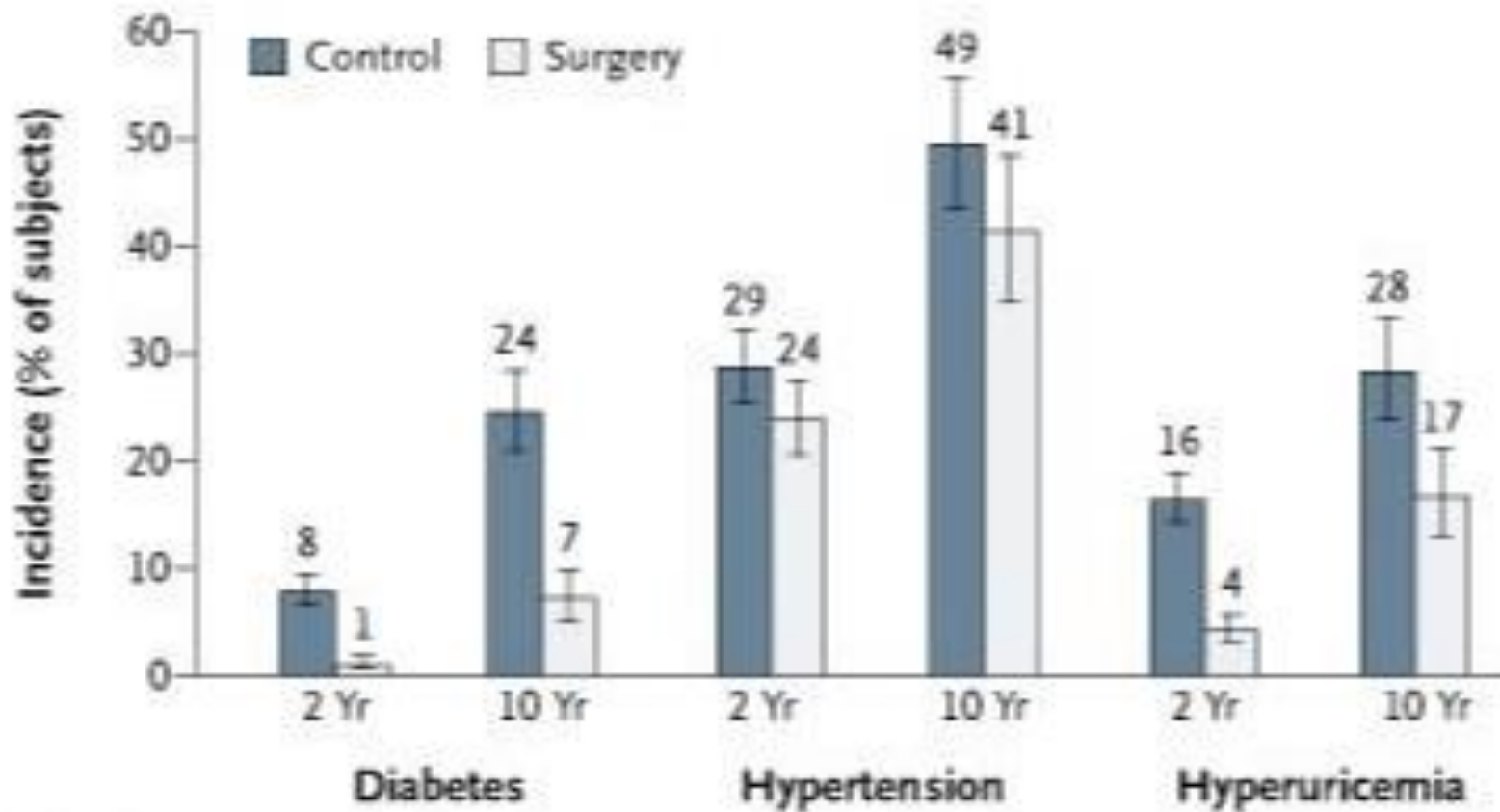
No. of Subjects	0.0	0.5	1.0	2.0	3.0	4.0	6.0	8.0	10.0
Control	627	585	594	587	577	563	542	535	627
Banding	156	150	154	153	149	150	147	144	156
Vertical banded gastroplasty	451	438	438	438	429	417	412	401	451
Gastric bypass	34	34	34	34	33	32	32	29	34

### Variable

### Changes at 2 Yr†

### Changes at 10 Yr†

Variable	Control Group (N=1660)	Surgery Group (N=1845)	Difference (95% CI)	Control Group (N=627)	Surgery Group (N=641)	Difference (95% CI)
Systolic blood pressure	0.5	-4.4	2.8 (2.1 to 3.6)§	4.4	0.5	1.1 (-0.3 to 2.6)
Diastolic blood pressure	0.3	-5.2	3.2 (2.4 to 3.9)§	-2.0	-2.6	-2.3 (-3.5 to -1.0)§



## Medicatie

- Instantaan
- Eenvoudig
- Groot effect
- Adherentie~

## Leefstijl

- Gering effect, pas na langere tijd
- Tijdrovend voor zorgverlener en patiënt
- Moeilijk vol te houden in neoliberaal economisch systeem, beklijft slecht

Voorstel: meteen medicatie, maar ook start leefstijlverbetering, afbouwen medicatie als leefstijlinterventie succesvol is

# Wat dan wel?



A vertical collage of names and text. At the top, names include Jacques Wallage, Pieter Insemius, Meili, Arjan Zweers, Saskia Stuivelin, Geert Dale, Peter Gortzak, Grimbert Ros van Tonninge, Jaap Boonstra, and Luuk van Middelaar. The central text reads "LIEVER LOBBYEN" in large white letters on a red background, with "EEN GENADELOZE ANALYSE VAN HET POLDERMODEL" below it. At the bottom, names include Alexander Rinnooy Kan, Ben Verwaaijen, Paul Dekker, Paul Schnabel, Martin Pikaart, and Raifsh Pat. The logo "NADAM" is visible at the bottom.

