



FEATURED PUBLICATIONS FROM PREVIOUS CYCLES

Blood Pressure Lowering Treatment Trialists'

(BPLTTC)



"Effects of blood pressure lowering on cardiovascular risk according to baseline body-mass index: a meta-analysis of randomised trials" – *The Lancet* (2015). This study showed that blood pressure-lowering treatment is effective in reducing cardiovascular risk across different BMI categories, with no significant variation in benefit.

"Blood pressure-lowering treatment based on cardiovascular risk: a meta-analysis of individual patient data" – *The Lancet* (2014). This analysis demonstrated that targeting blood pressure-lowering treatment based on an individual's cardiovascular risk rather than baseline blood pressure alone leads to greater reductions in major cardiovascular events.

"Blood pressure lowering and major cardiovascular events in people with and without chronic kidney disease: meta-analysis of randomised controlled trials" – *BMJ* (2013). This study confirmed that blood pressure-lowering treatment reduces cardiovascular risk in individuals with and without chronic kidney disease, supporting its use in this population.

"The effects of blood pressure reduction and of different blood pressure-lowering regimens on major cardiovascular events according to baseline blood pressure: meta-analysis of randomized trials" – *Journal of Hypertension* (2011). This study found that blood pressure-lowering treatment is beneficial across all baseline blood pressure levels, with no clear lower threshold for benefit.

"Do men and women respond differently to blood pressure-lowering treatment? Results of prospectively designed overviews of randomized trials" – *European Heart Journal* (2008). This study found no significant differences in the cardiovascular benefits of blood pressure-lowering treatment between men and women.

"Effects of different regimens to lower blood pressure on major cardiovascular events in older and younger adults: meta-analysis of randomised trials" – *BMJ* (2008). This analysis showed that blood pressure-lowering treatment effectively reduces cardiovascular risk in both older and younger adults, supporting treatment across all age groups.

"Blood pressure-dependent and independent effects of agents that inhibit the renin-angiotensin system" – *Journal of Hypertension* (2007). This study demonstrated that renin-angiotensin system inhibitors provide cardiovascular benefits beyond blood pressure reduction alone.

"Effects of different blood pressure-lowering regimens on major cardiovascular events in individuals with and without diabetes mellitus: results of prospectively designed overviews of randomized trials" – *Archives of Internal Medicine* (2005). This analysis confirmed that blood pressure-lowering treatment effectively reduces cardiovascular risk in both individuals with and without diabetes mellitus.

"Effects of different blood-pressure-lowering regimens on major cardiovascular events: results of prospectively-designed overviews of randomised trials" – *The Lancet* (2003). This meta-analysis demonstrated that blood pressure-lowering treatment significantly reduces major cardiovascular events across different drug classes.

"Effects of ACE inhibitors, calcium antagonists, and other blood-pressure-lowering drugs: results of prospectively designed overviews of randomised trials" – *The Lancet* (2000). This study compared the effects of different antihypertensive drug classes, showing that all major drug types effectively reduce cardiovascular risk.

"The World Health Organization–International Society of Hypertension Blood Pressure Lowering Treatment Trialists' Collaboration: prospective collaborative overviews of major randomized trials of blood pressure-lowering treatments" – *Current Hypertension Reports* (1999). This paper outlined the methodology and objectives of BPLTTC's collaborative overviews of blood pressure-lowering trials.

"An overview of 37 randomised trials of blood pressure lowering agents among 270,000 individuals" – *Clinical and Experimental Hypertension* (1999). This large-scale overview provided strong evidence supporting the widespread use of antihypertensive therapy to prevent cardiovascular disease.

"Effects of blood pressure lowering on cardiovascular events, in the context of regression to the mean: a systematic review of randomized trials" – *Journal of Hypertension* (2019). This study assessed how regression to the mean influences the effects of blood pressure-lowering treatment on cardiovascular events, confirming that treatment benefits persist beyond statistical artefacts.

"Blood pressure-lowering treatment strategies based on cardiovascular risk versus blood pressure: A meta-analysis of individual participant data" – *PLoS Medicine* (2018). This analysis found that treatment decisions based on overall cardiovascular risk rather than blood pressure alone may provide greater benefits in preventing cardiovascular events.