



# PUBLICATIONS

Blood Pressure Lowering Treatment Trialists'

(BPLTTC)



BPLTTC has produced **high-impact research** published in leading journals.

### Featured Publications from Cycle 3 (Current Phase)

**"Pharmacological blood pressure lowering for primary and secondary prevention of cardiovascular disease across different levels of blood pressure: an individual participant-level data meta-analysis"** – *The Lancet* (2021). This study concluded that a 5 mm Hg reduction in systolic blood pressure reduces the risk of major cardiovascular events by about 10%, regardless of prior cardiovascular disease diagnosis.

**"Age-stratified and blood-pressure-stratified effects of blood-pressure-lowering pharmacotherapy for the prevention of cardiovascular disease and death: an individual participant-level data meta-analysis"** – *The Lancet* (2021). This study demonstrated that blood pressure-lowering treatment effectively reduces the risk of cardiovascular events across all age groups and baseline blood pressure levels, supporting a broad approach to treatment.

**"Antihypertensive drug effects on long-term blood pressure: an individual-level data meta-analysis of randomised clinical trials"** – *Heart* (2022). This analysis showed that antihypertensive drugs provide sustained reductions in blood pressure over the long term, reinforcing their role in long-term cardiovascular disease prevention.

**"Antihypertensive treatment and risk of cancer: an individual participant data meta-analysis"** – *The Lancet Oncology* (2021). This study found no strong evidence linking blood pressure-lowering treatment to an increased risk of cancer, addressing concerns regarding potential long-term adverse effects.

**"Blood pressure lowering and risk of new-onset type 2 diabetes: an individual participant data meta-analysis"** – *The Lancet* (2021). This research concluded that blood pressure-lowering treatment modestly reduces the risk of developing type 2 diabetes, highlighting additional metabolic benefits of treatment.

**"Blood pressure-lowering treatment for prevention of major cardiovascular diseases in people with and without type 2 diabetes: an individual participant-level data meta-analysis"** – *The Lancet Diabetes & Endocrinology* (2022). This analysis confirmed that blood pressure-lowering treatment reduces the risk of cardiovascular events in both individuals with and without type 2 diabetes, supporting its widespread use.

**"Blood pressure-lowering treatment for the prevention of cardiovascular events in patients with atrial fibrillation: An individual participant data meta-analysis"** – *PLOS Medicine* (2021). This study found that blood pressure-lowering therapy reduces the risk of major cardiovascular events in individuals with atrial fibrillation, reinforcing its role in this high-risk group.

**"Sex-Specific Effects of Blood Pressure Lowering Pharmacotherapy for the Prevention of Cardiovascular Disease: An Individual Participant-Level Data Meta-Analysis"** – *Hypertension* (2023). This research found that the cardiovascular benefits of blood pressure-lowering therapy are consistent across sexes, with no major differences in treatment effects between men and women.

**"The Blood Pressure Lowering Treatment Trialists' Collaboration: methodological clarifications of recent reports"** – *Journal of Hypertension* (2022). This paper addressed concerns and provided methodological clarifications on recent findings from the BPLTTC, reinforcing the robustness of the collaboration's research.

**Nuffield Department of  
Women's & Reproductive Health**



 Level 3, Women's Centre, John Radcliffe Hospital,  
Oxford, OX3 9DU

 01865 221004

 @Ox\_wrh

 [www.wrh.ox.ac.uk](http://www.wrh.ox.ac.uk)