Variable	Mean (SD)				
	Overall (N = 4261)	Controlled BP (n = 1177)	Hypertension		
			White-Coat (n = 613)	Masked (n = 810)	Sustained (n = 1661)
Age, y	64.9 (10.9)	63.1 (10.5)	64.7 (10.4)[b]	65.8 (10.7)[b]	65.8 (11.4)[b]
Male sex, No. (%)	1995 (46.8)	517 (43.9)	270 (44.0)	379 (46.8)	829 (49.9)[b]
BMI	24.3 (3.5)	24.0 (3.4)	23.8 (3.1)	24.5 (3.5)[b,c]	24.6 (3.6)[b,c]
Current smoker, No. (%)	520 (12.2)	134 (11.4)	55 (9.0)	103 (12.7)	228 (13.7)[c]
Daily drinker, No. (%)	1167 (27.4)	286 (24.3)	176 (28.7)	207 (25.6)	498 (30.0)[b]
Diabetes mellitus, No. (%)	1038 (24.4)	259 (22.0)	131 (21.4)	239 (29.5)[b,c]	409 (24.6)[d]
Statin use, No. (%)	1005 (23.6)	320 (27.2)	135 (22.0)	201 (24.8)	349 (21.0)[b]
History of CVD, No. (%)	541 (12.7)	147 (12.5)	73 (11.9)	104 (12.8)	217 (13.1)
Fasting glucose level, mg/dL	107.4 (27).6	104.5 (23.8)	105.7 (23.0)	109.7 (30.3)[b,c]	109.0 (30.0)[b,c]
Total cholesterol level, mg/dL	202.4 (32.9)	202.4 (31.8)	203.2 (32.6)	201.7 (34.3)	202.3 (33.2)
HDL-C level, mg/dL	57.6 (15.3)	57.4 (14.7)	59.2 (15.2)	56.4 (14.9)[c]	57.7 (15.8)
Antihypertensive medication use, No. (%)	3374 (79.2)	902 (76.6)	497 (81.1)	670 (82.7)[b]	1305 (78.6)
BP measures, mm Hg					
Clinic	141.3 (16.4)	126.5 (9.2)	149.0 (8.7)[b]	130.1 (7.6)[b,c]	154.4 (13.0)[b,c,d]
SBP					
DBP	81.2 (10.6)	75.7 (7.9)	84.1 (8.8)[b]	76.2 (8.3)[c]	86.5 (10.8)[b,c,d]
Morning home					
SBP	138.4 (15.8)	123.6 (7.7)	127.3 (5.9)[b]	144.5 (10.3)[b,c]	150.0 (13.6)[b,c,d]
DBP	79.1 (10.0)	73.3 (7.0)	73.9 (7.1)	81.7 (9.2)[b,c]	83.8 (10.2)[b,c,d]
Evening home					
SBP	130.1 (14.9)	119.6 (10.3)	123.4 (10.0)[b]	133.0 (12.6)[b,c]	138.6 (14.6)[b,c,d]
DBP	72.6 (9.7)	68.8 (7.7)	69.4 (8.1)	73.9 (9.4)[b,c]	75.9 (10.4)[b,c,d]
Mean morning and evening home					
SBP	134.2 (14.3)	121.6 (7.9)	125.3 (6.6)[b]	138.8 (10.1)[b,c]	144.3 (12.7)[b,c,d]
DBP	75.9 (9.3)	71.0 (6.8)	71.6 (7.1)	77.8 (8.8)[b,c]	79.9 (9.8)[b,c,d]
Cardiovascular end-organ damage, median (IQR)					
UACR, mg/g Cr	13.2 (7.2-30.8)	9.3 (6.1-18.4)	12.0 (7.1-24.8)[b]	13.4 (7.7-27.3)[b]	17.5 (9.0-46.8)[b,c,d]
BNP, pg/mL	18.7 (9.3-38.5)	15.8 (7.9-32.4)	17.7 (9.2-32.7)	19.7 (9.8-40.8)[b,c]	20.4 (10.3-43.3)[b,c]

コントロール群ですら降圧剤を76.6%服用している点に注意。つまり外来で高血圧などの治療している集団を調べたと言う事です。

Table 2. Stroke or Coronary Heart Disease Risk by Blood Pressure Groups[a]

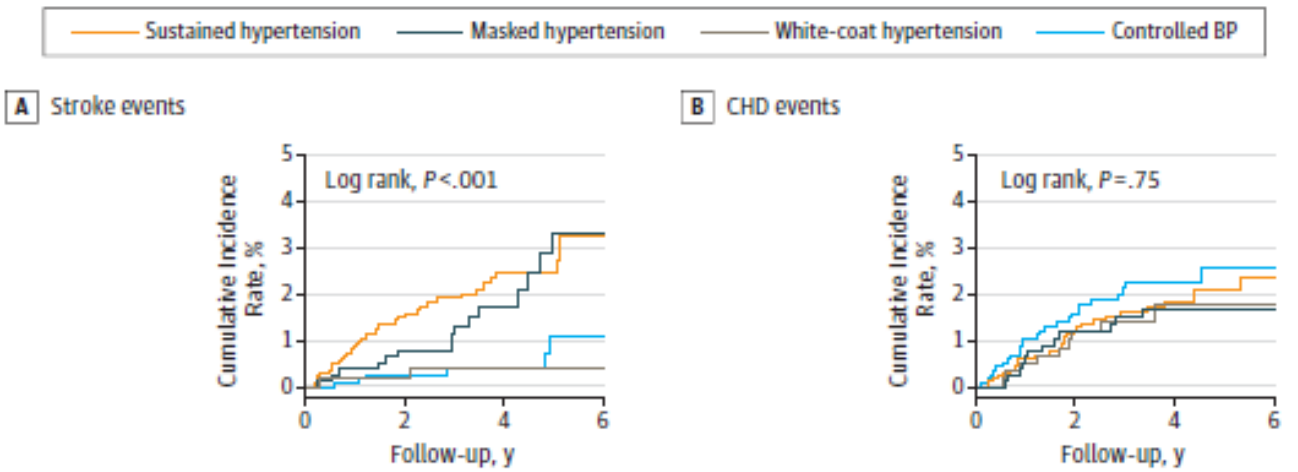
Variable	HR (95% CI)			
	Controlled BP (n = 1177)	Hypertension		
		White-Coat (n = 613)	Masked (n = 810)	Sustained (n = 1661)
Stroke events per 1000 person-years, No.	8	3	18	45
HR (95% CI)	1.7 (0.9-3.4)	1.3 (0.4-3.8)	5.4 (3.4-8.5)	6.9 (5.2-9.3)
Model 1 (unadjusted)	1 [Reference]	0.75 (0.20-2.83)	3.06 (1.33-7.03)	3.99 (1.88-8.46)
Model 2	1 [Reference]	0.73 (0.19-2.75)	2.66 (1.15-6.13)	3.43 (1.61-7.30)
Model 3	1 [Reference]	0.75 (0.20-2.82)	2.77 (1.20-6.37)	3.34 (1.56-7.13)
CHD events per 1000 person-years, No.	25	9	13	30
HR (95% CI)	5.4 (3.6-7.9)	3.8 (2.0-7.3)	3.9 (2.3-6.6)	4.6 (3.2-6.6)
Model 1 (unadjusted)	1 [Reference]	0.70 (0.33-1.51)	0.75 (0.38-1.46)	0.87 (0.51-1.47)
Model 2	1 [Reference]	0.66 (0.31-1.42)	0.62 (0.32-1.22)	0.70 (0.41-1.21)
Model 3	1 [Reference]	0.70 (0.33-1.49)	0.67 (0.34-1.30)	0.70 (0.40-1.21)

Abbreviations: BP, blood pressure; CHD, coronary heart disease; HR, hazard ratio.

[a] Adjusted factors for model 2 included the 4-year cardiovascular risk scores comprising demographic variables (age and sex) as well as clinical and behavioral characteristics (body mass index; smoking status; prevalence of diabetes; preexisting angina pectoris, myocardial infarction, or stroke; total cholesterol level; high-density lipoprotein cholesterol level; and statin or antihypertensive medication use). Adjusted factors for model 3 included the 4-year cardiovascular risk scores comprising demographic variables, clinical and behavioral characteristics, log-transformed urine albumin to creatinine ratio, and log-transformed brain (or B-type) natriuretic peptide.

仮面高血圧は持続性群に匹敵しますがコントロール群では他の危険因子が関与するためか冠疾患の発生には注意が必要です。

Figure 2. Four Blood Pressure (BP) Groups and Cardiovascular Disease Events



No. at risk

Sustained hypertension	1661	1373	720	313
Masked hypertension	810	681	394	187
White-coat hypertension	613	516	255	99
Controlled BP	1177	1005	515	231

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Sustained hypertension	1661	1373	720	313
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Controlled BP	1177	1005	515	231

Kaplan-Meier curves of the cumulative incidence of stroke (A) or coronary heart disease (CHD) (B) by the 4 BP groups are shown.

このグラフから私が注目するのはコントロールされていても冠疾患は発生すると言う現実です。

Table 3. Stroke or Coronary Heart Disease Risk Associated With Higher Clinic and Home Blood Pressure Levels[a]

	Stroke (n = 74)		CHD (n = 77)	
BP Measure	HR (95% CI)	*P* Value	HR (95% CI)	*P* Value
Model 1				
Clinic SBP	1.00 (0.78-1.28)	>.99	1.08 (0.83-1.39)	.58
Home SBP	1.52 (1.22-1.89)	<.001	0.87 (0.67-1.12)	.27
Model 2				
Clinic DBP	1.04 (0.76-1.44)	.80	0.99 (0.71-1.38)	.96
Home DBP	1.28 (0.95-1.74)	.11	0.79 (0.57-1.08)	.14

Abbreviations: CHD, coronary heart disease; DBP, diastolic blood pressure; HR, hazard ratio; SBP, systolic blood pressure.

[a] The 1-SD increment of each BP measure is as follows: clinic SBP, per 8.6 mm Hg; home SBP, 8.8 mm Hg; clinic DBP, 7.7 mm Hg; and home DBP, 7.9 mm Hg. All models (model 1, SBP; model 2, DBP) included the 4-year cardiovascular risk scores comprising demographic variables (age and sex), clinical and behavioral characteristics (body mass index, smoking status, prevalent diabetes, prevalent CHD or stroke, total cholesterol, high-density lipoprotein cholesterol, and statin or antihypertensive medication use), and the extent of cardiovascular end-organ damage (log-transformed urine albumin to creatinine ratio and log-transformed brain [or B-type] natriuretic peptide). Statistical significance was defined as $P < .05$.

家庭血圧で血圧が高い人は冠疾患よりも脳卒中に注意