
Contents

Part I

- 1 Prehypertension: Definitions, Clinical Significance and Therapeutic Approaches—To Treat or not to Treat?** 3
Stevo Julius and Carlos A. Feldstein
- 2 Clinical Significance and Treatment Requirements in White Coat and Masked Hypertension** 13
Jean-Michel Mallion
- 3 Resistant Hypertension: Epidemiological and Evolving Therapeutic Concepts** 25
Guido Grassi
- 4 Primary Aldosteronism: Rare or Common Condition in Hypertensive Patients and Normotensive Individuals?** 33
Gian Paolo Rossi, Teresa Maria Seccia and Paola Caielli
- 5 Hypertension in the Very Old: Special Features, Therapeutic Approaches, and Problems** 45
Athanasios Benetos, Ulrich M. Vischer and Ghassan Watfa

Part II

- 6 Ambulatory Blood Pressure in Clinical Practice: Clinical Relevance of Circadian Rhythm and Nocturnal Dip.** 59
Josep Redon and Fernando Martinez
- 7 Morning Surge in Blood Pressure in Hypertension: Clinical Relevance, Prognostic Significance, and Therapeutic Approach** 71
Kazuomi Kario

8	Short-Term and Long-Term Blood Pressure Variability	91
	Giuseppe Mancia	
9	Home Blood Pressure Monitoring in Hypertension	103
	Gianfranco Parati, Juan E. Ochoa and Grzegorz Bilo	
10	Obstructive Sleep Apnea.	121
	Jacek Wolf and Krzysztof Narkiewicz	
11	Hypertension, Obesity, and Metabolic Syndrome.	133
	Peter M. Nilsson	
12	Salt, Hypertension, and Cardiovascular Disease.	147
	Pasquale Strazzullo, Ferruccio Galletti and Ivana Savino	
13	The Optic Fundus and Retinal Circulation: New Technology for an Old Examination	157
	Martin Ritt and Roland E. Schmieder	
 Part III		
14	Arterial Stiffness as an Early Marker of Organ Damage	171
	Stephane Laurent and Pierre Boutouyrie	
15	Central Aortic Pressure: The Next Frontier in Blood Pressure Measurement?	181
	Bryan Williams and Peter S. Lacy	
16	Assessment of Total Cardiovascular Risk in Hypertension: The Role of Subclinical Organ Damage.	199
	Renata Cífková	
17	The Microcirculation and Hypertension	213
	H. A. J. Struijker-Boudier and Bart F. J. Heijnen	
18	Smoking, Nicotine and Blood Pressure	225
	Dagmara Hering and Krzysztof Narkiewicz	
19	Biomarkers in Hypertension	237
	Rhian M. Touyz and Dylan Burger	

Part IV

- 20 Antihypertensive Therapy Benefits: Pleiotropic Versus Blood Pressure-Dependent Mechanisms.** 249
Sverre E. Kjeldsen and Gordon T. McInnes
- 21 Blood Pressure Targets with Antihypertensive Treatment** 267
Giuseppe Mancia
- 22 The Role of the Polypill in Hypertension** 279
Andrew Mente, Prem Pais, Denis Xavier, Koon Teo
and Salim Yusuf
- 23 J-Curve Phenomenon: Does It Exist?** 295
Sripal Bangalore and Franz H. Messerli
- 24 Residual Risk in Treated Hypertension** 309
Alberto Zanchetti
- 25 Poor BP Control in the Hypertensive Population:
Which Factors are Involved?** 323
Lisheng Liu and Xin-Hua Zhang
- 26 Ramadan Fasting in Health and Disease** 331
Adel E. Berbari, Najla A. Daouk, Samir G. Mallat
and Abdo R. Jurjus
- 27 Postmenopausal Hormone Therapy and Blood Pressure.** 347
Zeinab Issa, Ellen W. Seely and Ghada El-Hajj Fuleihan
- 28 Treating Pain and Inflammation in Hypertension** 373
William B. White, Ravi Marfatia and William L. Baker
- 29 Sexual Function in Untreated and Treated Hypertension** 389
Margus Viigimaa and Michael Dumas
- 30 Cognitive Function and Dementia in Hypertension:
Epidemiologic and Therapeutic Aspects.** 399
Jun Hata, Hisatomi Arima, Craig S. Anderson and John Chalmers
- 31 Can Hypertension Be Prevented?** 413
Charlotte Jones and Norm R. C. Campbell

32	Atrial Fibrillation. Modern Epidemiologic and Therapeutic Aspects.	427
	Leonidas E. Poulimenos, Manolis S. Kallistratos and Athanasios J. Manolis	
33	Genetics and Hypertension: Which Information for Clinical Practice	439
	Sandosh Padmanabhan and Anna F. Dominiczak	
34	Dual Blockade of the Renin–Angiotensin–Aldosterone System: Benefits Versus Adverse Outcomes	453
	Michael R. Lattanzio and Matthew R. Weir	
35	The Long-Term Effects of RAAS Blockade on Renal Function.	467
	César Cerezo and Luis Miguel Ruilope	
	Index	479