

New European Society blood pressure target advice

A major change in the 2024 ESC Guidelines¹ is the recommendation to pursue a target systolic BP of 120–129 mmHg among adults receiving BP-lowering medications.

There are caveats to this recommendation, including:

1. The requirement that treatment to this BP target is well tolerated by the patient.
2. The fact that more lenient BP targets are ok with symptomatic orthostatic hypotension, those aged 85 years or over, or those with moderate-to-severe frailty or limited life expectancy.
3. A strong emphasis on out-of-office BP measurement to confirm that the systolic BP target of 120–129 mmHg is achieved.

Where a target systolic BP of 120–129 mmHg is not pursued, either due to intolerance or the existence of conditions that favour a more lenient BP target, target a BP that is as low as reasonably achievable.

Reference:

1. [2024 ESC Guidelines for the management of elevated blood pressure and hypertension](#) European Society of Cardiology
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