

European Society of Cardiology definition of resistant hypertension

Hypertension is defined as resistant when treatment, including appropriate lifestyle measures and treatment with maximum or maximally tolerated doses of a diuretic (thiazide or thiazide-like), an ACE/ARB blocker, and a calcium channel blocker fail to lower office systolic and diastolic BP values to <140 mmHg and or <90 mmHg, respectively.¹

These uncontrolled BP values must be confirmed by out-of-office BP measurements (Resistant hypertension is not a disease but an indicator that should be used to identify patients at high risk for CVD, in which secondary hypertension is also frequent).

Pseudo-resistant hypertension must be excluded, including that caused by non-adherence to treatment.

In patients with decreased eGFR, i.e. < 30 ml/min/1.73 m², an adequately up-titrated loop diuretic is necessary to define resistant hypertension. Such patients should be referred to a specialist.

Reference:

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