

Limited benefits from pharmacotherapy for hypertension in people under 60

Clinical Question	Compared to placebo or no treatment, how effective is pharmacotherapy for hypertension in adults aged 18 to 59 years?
Bottom Line	Treatment had little or no effect on death from any cause compared with placebo or no treatment (2.4% with placebo/no treatment versus 2.3% with treatment; low quality evidence), and it reduced the number of people experiencing heart disease or death from heart disease from 4.1% to 3.2% (low quality evidence). It reduced stroke by a small amount from 1.3% to 0.6% (low quality evidence). There was uncertainty about the effects of treatment on the number of people who had blocked arteries (low quality evidence). There was a lack of good evidence on withdrawal due to adverse events. The average duration of treatment was five years. Medicine classes studied in most people included thiazides or beta-blockers.
Caveat	The effects of treatment on blood pressure varied between the studies and there was uncertainty as to how much of a difference treatment made on average.
Context	Systematic reviews have shown proven benefit of antihypertensive drug therapy in reducing cardiovascular morbidity and mortality but most of the evidence is in people 60 years of age and older.
Cochrane Systematic Review	Musini VM et al. Pharmacotherapy for hypertension in adults aged 18 to 59 years. Cochrane Reviews, 2017, Issue 8. Art. No.: CD008276.DOI: 10.1002/14651858.CD008276.pub2. This review contains seven studies involving 17,327 participants.

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