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## Vorträge

### V1 Antihypertensive Therapie und Projekte

#### V1

#### Ambulatory blood pressure measurement in prehypertension: Analysis of the PHARAO-Study: Prevention of Hypertension with the ACE-inhibitor Ramipril in patients with high-normal blood pressure – a prospective, randomised, controlled prevention trial of the German Hypertension League

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**Background:** The PHARAO study addresses the issue of whether progression to manifest hypertension can be prevented with treatment in patients with high-normal blood pressure (BP). **Methods:** 1008 participants with high-normal office BP were randomised to ramipril treatment (n=505) and a control group (n=503) with follow up for 3 years. ABPM was performed at randomisation, after 12 and 36 months. Primary endpoint was to prevent or delay the progression to manifest hypertension. Secondary endpoint was development of hypertension as defined by ambulatory blood pressure monitoring (ABPM). **Results:** 155 patients (30.7%) in the ramipril group, and 216 (42.9%) in the control group reached the primary endpoint (RRR 34.4%, p=0.0001). In 1007 participants ABPM was performed at baseline. According to the mean daytime BP, 449 patients (44.6%) were classified as ABPM-high-normal. 200 patients (19.9%) showed normotensive ABPM values and 358 (35.5%) were in the hypertensive range. Indeed, in a majority of participants (55%) with high-normal office BP ABPM yielded a discrepant classification. Risk for development of office hypertension was significantly increased for ABPM-high-normal patients vs. ABPM-normot.