

Resistant Hypertension Jeopardises Sleep Apnoea Patients' Heart Health



Findings of a new study shows that patients with resistant hypertension despite concurrent use of three antihypertensive drugs of different classes had a higher rate of sleep apnoea as compared to those without resistant hypertension.

The study was conducted with 470,386 hypertensive individuals. Patients with resistant hypertension and with sleep apnoea also had an increased risk of ischaemic heart events and congestive heart failure as compared to those with sleep apnoea and non-resistant hypertension. No difference in risk of stroke and premature death were observed in patients with resistant versus non-resistant hypertension.

"Our study suggests that the risk for cardiovascular outcomes is increased in sleep apnea patients with resistant hypertension compared with those with non-resistant hypertension," said Dr. Simran K. Bhandari, lead author of the *Respirology* study.

Source: [Respirology](#)

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