



## Hypertension as a Global Challenge

Two special cover illustrations were created to bridge the concepts of the systemic nature of hypertension in the individual and the global nature of hypertension as a public health issue.

### Opinion

#### Viewpoint

**1749** The 2018 European Society of Cardiology/European Society of Hypertension and 2017 American College of Cardiology/American Heart Association Blood Pressure Guidelines: More Similar Than Different  
PK Whelton and B Williams

**1751** Treatment of Hypertension: Addressing a Global Health Problem  
A Qamar and E Braunwald

**1753** Use of Home Blood Pressure Results for Assessing the Quality of Care for Hypertension  
KO Hwang, EJ Thomas, and LA Petersen

#### A Piece of My Mind

**1755** A Letter to Our Daughter  
RN Sharaf and LC Diamond

#### Editorial

**1757** Hypertension—A Public Health Challenge of Global Proportions  
NDL Fisher and G Curfman

**1760** High Blood Pressure in Young Adulthood and Risk of Premature Cardiovascular Disease: Calibrating Treatment Benefits to Potential Harm  
RS Vasan

#### Humanities

##### The Arts and Medicine

**1734** Expanding the Time We Have With Patients Through Poetry  
R Campo and M Doty

##### Poetry and Medicine

**1820** Yerushalayim  
CS Halberstadt

##### JAMA Revisited

**1821** Indications of Physical Overexertion

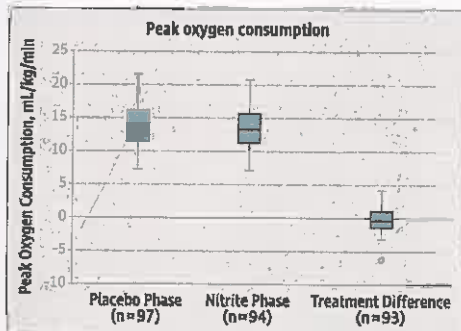
#### Cover Illustrations

Our readers will receive 1 of the 2 versions of the cover illustration in print.

Illustrations by Nicholas Reback, MA. Special thanks to Gregory Curfman, MD, for concept and content review.

### Research

#### Inorganic Nitrite for Heart Failure



**1764** The conversion of inorganic nitrite to nitric oxide is facilitated during exercise. In a randomized trial of 105 patients who had heart failure with preserved ejection fraction, Borlaug and colleagues found that administration of inhaled inorganic nitrite for 4 weeks, compared with placebo, did not result in significant improvement in exercise capacity.

Editorial **1757**

CME [jamanetwork.com/learning](http://jamanetwork.com/learning) Visual Abstract [jama.com](http://jama.com)

#### Young Adult Blood Pressure and Heart Disease in Midlife

**1774**

It is not clear whether young adults classified as having hypertension under current guidelines are at increased risk of cardiovascular disease. Yano and colleagues followed 4851 participants aged 18 to 30 years and found that young adults with stage 1 and stage 2 hypertension, as defined by the 2017 ACC/AHA guideline, had greater risk for subsequent cardiovascular disease events than young adults with normal blood pressure. In an Editorial, Vasan suggests that investigating subtypes of hypertension in young adults may facilitate treatment decisions.

Editorial **1757** and **1760** Related Article **1783**

CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

Editor in Chief  
Howard Bauchner, MD

**135 YEARS**  
OF CONTINUOUS  
PUBLICATION

## Research (continued)

### Hypertension in Young Adulthood and Cardiovascular Disease 1783

Hypertension is a modifiable risk factor for cardiovascular disease (CVD), but it is unclear whether hypertension in young adulthood is associated with CVD in later life. In a population-based cohort study of 2 488 101 men and women aged 20 to 39 years, Son and colleagues found that stage 1 hypertension was associated with an increased risk of subsequent CVD events.

Editorial 1757 and 1760 Related Article 1774

### Changes in Cardiovascular Risk Factors and Disease Events 1793

Better cardiovascular health is associated with a lower incidence of cardiovascular disease, but it is unclear whether changes in cardiovascular health are associated with changes in morbidity and mortality. In a prospective cohort study of 9256 adults without prior cardiovascular disease, van Sloten and colleagues found no consistent relationship between changes in cardiovascular health and the risk of cardiovascular disease.

Editorial 1757

## Clinical Review & Education

### CLINICAL UPDATE

#### Out-of-Office Blood Pressure Monitoring 1805

Ambulatory blood pressure monitoring and home blood pressure monitoring can be useful in the clinical management of hypertension for selected patients. This JAMA Insights article by Melville and Byrd discusses the application of out-of-office blood pressure monitoring.

Editorial 1757

#### Masked Uncontrolled Hypertension 1807

This JAMA Diagnostic Test Interpretation article by Polonsky and Bakris presents a 65-year-old woman treated with antihypertensive medications who was concerned about fluctuations in her blood pressure. A 24-hour ambulatory blood pressure monitor measured sudden increases in blood pressure associated with an episode of anxiety and consumption of a high-salt breakfast. What would you do next?

Editorial 1757



### JAMA Patient Page

1830 Monitoring Your Blood Pressure Outside of the Doctor's Office

## LETTERS

### Research Letter

1811 Cumulative Incidence of Autism Into Adulthood for Birth Cohorts In Denmark, 1980-2012  
DE Schendel and E Thorsteinsson

1813 Evaluation of Lowering the P Value Threshold for Statistical Significance From .05 to .005 In Previously Published Randomized Clinical Trials in Major Medical Journals  
C Wayant, J Scott, and M Vassar

### Comment & Response

1814 Medications With Depression as an Adverse Effect

1816 Stress-Related Disorders and Autoimmune Disease

1818 Diagnostic vs Management Reasoning

## NEWS & ANALYSIS

### Medical News & Perspectives

1741 To Prevent Cardiovascular Disease, Pay Attention to Pregnancy Complications

1743 The JAMA Forum  
Public Health Emergency Preparedness: Globalizing Risk, Localizing Threats

1745 Bench to Bedside  
Researchers Reprogram Cells In Vivo to Restore Vision in Mice

1746 News From the FDA  
New Treatment for Certain Types of Leukemia and Lymphoma  
Preventive Migraine Drug Approved  
Test Detects 1 in a Million Cancer Cells

## Departments

1725 Staff Listing

1809 CME Questions

1822 Classified Advertising

1827 Journal Advertiser Index

1829 Contact Information

### Online @ jama.com



#### Editor's Audio Summary

Gregory Curfman, MD, summarizes and comments on this week's issue.

#### Visual Abstract

"Effect of Inorganic Nitrite vs Placebo on Exercise Capacity Among Patients With Heart Failure"

#### Author Video Interview

Conversation between Rafael Campo, MD, and Mark Doty at the 9th annual International Hippocrates Poetry and Medicine Symposium.

#### Author Audio Interview



Interview with Paul K. Whelton, MB, MD, MSc, and Bryan Williams, MD, authors of "The 2018 European Society of Cardiology/European Society of Hypertension and 2017 American College of Cardiology/American Heart Association Blood Pressure Guidelines: More Similar Than Different"