LETTERS

Intensive BP Control Falls and Fractures

Oscar M. P. Jolobe, MRCP

Manchester Medical Society, Manchester, UK.

J Gen Intern Med 30(5):546
DOI: 10.1007/s11606-015-3190-0

In the study by Margolis et al., although the adjusted rate of falls did not differ in the intensive and standard groups during the course of antihypertensive therapy,[1] it is worth noting that no account was taken of whether or not there might be a difference between the two groups in the prevalence of orthostatic hypotension. Orthostatic hypotension is age-related in its prevalence, and is also associated with antihypertensive treatment and diabetes, respectively.[2] Furthermore, although orthostatic blood pressure responses stabilize within 30 seconds of standing in subjects aged 50–59 years, there is an impairment of blood pressure stabilization with increasing age.[3] Typical symptoms of orthostatic hypotension may be absent in subjects who have orthostatic hypotension. In a study that enrolled 205 subjects of mean age 71, 33 % of the subjects were asymptomatic despite profound falls in blood pressure during the head-up tilt table test.[4] Accordingly, although the raw rate of falls was comparable in the intensively treated subjects vs, the standard treatment group,[1] what we need to know is whether or not orthostatic hypotension (and its severity) might have contributed to falls in either group.

Corresponding Author: *Oscar M. P. Jolobe, MRCP; Manchester Medical Society, Manchester, UK (e-mail: oscarjolobe@yahoo.co.uk).*

REFERENCES

1. **Margolis KL, Palermo L, Vittinghoff E, et al.** Intensive blood pressure control, falls, and fractures in patients with type 2 diabetes: the ACCORD Trial. J Gen Intern Med. 2014;29:599–606.
2. **Fedowrski A, Stavenow L, Hedblad B, et al.** Orthostatic hypotension predicts all-cause mortalityband coronary events in middle-aged individuals (the Malmo Preventive Project). Eur Heart J. 2010;31:85–91.
3. **Finucane C, O'Connell MDL, Fan CW, et al.** Age-related normative changes in phasic orthostatic blood pressure I a large population study. Circulation. 2014;130:1780–9.
4. **Arbogast SD, Alshekhlee A, Hussain Z, et al.** Hypotension unawareness in profound orthostatic hypotension. Am J Med. 2009;122:574–80.

Published online February 10, 2015