



Special Issue: Current evidence and perspectives for hypertension management in Asia

The next stage of hypertension management in Asia

Satoshi Hoshide¹ · Masaki Mogi² · Kazuomi Kario¹

Keywords Asia · Pregnancy · BP measurement

Received: 28 July 2022 / Accepted: 28 July 2022 / Published online: 5 October 2022
© The Author(s), under exclusive licence to The Japanese Society of Hypertension 2022

This month's issue of *Hypertension Research* is a component of our Asia special issue, which has been running since April of this year. The highlight of this issue is the agreements of the Japanese Society of Hypertension with hypertension societies of 14 Asian countries/regions [1]. All 14 countries/regions that cooperated with us have their own hypertension guidelines. We report the blood pressure diagnostic criteria for hypertension and the target values for blood pressure lowering according to comorbidities in each country/region. In addition, salt intake is one of the most important factors in incident hypertension, and salt reduction has been considered one of the most important nonpharmacological therapies for hypertension treatment [2–4]. The average dietary salt intake and the target for achieving salt reduction in each country/region are reported. Based on this information, we note three statements that have been agreed upon by each country/region.

Additionally, Suzuki et al. reported the association of home blood pressure monitoring with hypertensive disorders of pregnancy in pregnant Japanese women [5]. Even in Japan, where home blood pressure monitoring is widespread, there have been very few studies on home blood pressure control during pregnancy. The sample sizes have been small compared to those of other cohort studies concerning home blood pressure measurement, and the results of this study are valuable. Abe et al. reported interesting results about the association between masticatory performance and hypertension in a cross-sectional study [6]. The results showed that decreased masticatory performance and tooth loss without the use of dentures were associated with the presence of hypertension in Japanese elderly subjects. Not only in Japan but also in other

countries in Asia, the population will continue to age. As a nonpharmacological therapy for hypertension management, oral health may be a noteworthy subject.

Asia is also culturally and racially diverse. It is no exception in hypertension management. We look forward to making progress toward conquering hypertension in Asia by identifying similarities and recognizing the diversity of each country/region.

Compliance with ethical standards

Conflict of interest The authors declare no competing interests.

Publisher's note Springer Nature remains neutral with regard to jurisdictional claims in published maps and institutional affiliations.

References

1. Hoshide S, Yamamoto K, Katsurada K, Yano Y, Nishiyama A, Wang J et al. Agreement regarding overcoming hypertension in the Asian Hypertension Society Network 2022. *Hypertens Res.* <https://doi.org/10.1038/s41440-022-00994-1>.
2. Umemura S, Arima H, Arima S, Asayama K, Dohi Y, Hirooka Y, et al. The Japanese Society of hypertension guidelines for the management of hypertension (JSH 2019). *Hypertens Res.* 2019;42:1235–481.
3. Whelton PK, Carey RM, Aronow WS, Casey DE Jr., Collins KJ, Dennison Himmelfarb C, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: a report of the American college of cardiology/american heart association task force on clinical practice guidelines. *Hypertension.* 2018;71:1269–324.
4. Williams B, Mancia G, Spiering W, Agabiti Rosei E, Azizi M, Burnier M, et al. 2018 ESC/ESH Guidelines for the management of arterial hypertension. *Eur Heart J.* 2018;39:3021–104.
5. Suzuki Y, Matsubara K, Watanabe K, Tanaka K, Yamamoto T, Nohira T et al. A multicenter prospective study of home blood pressure measurement (HBPM) during pregnancy in Japanese women. *Hypertens Res.* <https://doi.org/10.1038/s41440-022-00992-3>.
6. Abe T, Tominaga K, Ando Y, Hamano T, Yano S, Isomura M et al. Reduced masticatory performance and not using dentures are associated with hypertension in older adults with tooth loss: the Shimane CoHRE study. *Hypertens Res.* <https://doi.org/10.1038/s41440-022-00976-3>.

✉ Satoshi Hoshide
hoshide@jichi.ac.jp

¹ Division of Cardiovascular Medicine, Jichi Medical University School of Medicine, Tochigi, Japan

² Department of Pharmacology, Ehime University Graduate School of Medicine, Ehime, Japan