

**Average BP:**  
131.9/77.4 mm Hg

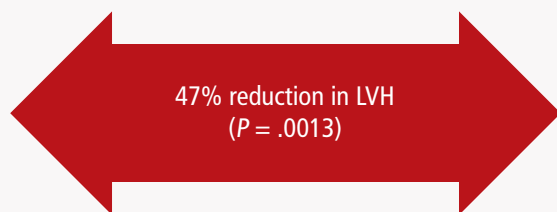


**Methods:** Participants received intensive treatment targeting an SBP <130 mm Hg or standard treatment targeting an SBP <140 mm Hg.

**Results:** After a median follow-up of 2 years, intensive treatment was associated with a 47% reduction in the rate of left ventricular hypertrophy (LVH) as determined by electrocardiography. Compared with standard therapy, the risks for coronary revascularization and new-onset atrial fibrillation were lower with intensive therapy, though the risk of all-cause death was unchanged between groups. Adverse events occurred at similar rates in both groups.



**Average BP:**  
135.6/78.7 mm Hg



**Reference:** Cardio-Sis study Group, Verdecchia P, Staessen JA, Angeli F, et al. Usual versus tight control of systolic blood pressure in non-diabetic patients with hypertension (Cardio-Sis): an open-label randomised trial. *Lancet*. 2009;374(9689):525-533. [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)61340-4](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61340-4).