SPS3

=1000

=100

=3020

Participants: 30 years or older (mean of 63 years) with recent lacunar stroke
Mean baseline BP (lower target): 142/78 mm Hg
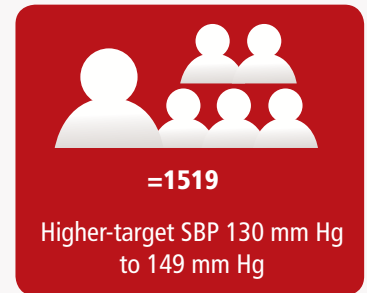**Mean baseline BP (higher target):** 144/79 mm Hg

Methods: Participants were treated to either a lower-target SBP <130 mm Hg or higher-target SBP of 130 mm Hg to 149 mm Hg.

Results: After an average follow-up of 3.7 years, SBP was reduced to a mean of 138 mm Hg in the higher-target group and 127 mm Hg in the lower-target group. Nonsignificant rate reductions were seen for total stroke, fatal or disabling stroke, and myocardial infarction or vascular death with the lower target. Only the risk of intracerebral hemorrhage was reduced significantly with the lower target ($P = .03$).

Permanent discontinuation of treatment was comparable between the lower-target and higher-target groups. Those in the lower-target group received an average of 2.4 medications to lower BP, compared with 1.8 in the higher-target group.

Serious treatment-related complications occurred at a rate of 0.26% per participant-year in the higher-target group and 0.40% per participant-year in the lower-target group, however, this difference was not statistically significant ($P = .20$)

=1501
Lower-target SBP
<130 mm Hg

=1519
Higher-target SBP 130 mm Hg
to 149 mm Hg

Average SBP:
138 mm Hg

Average SBP:
127 mm Hg

2.25% experienced a second stroke

19% reduction in stroke risk with lower SBP target
($P = .08$)

2.77% experienced a second stroke

Reference: SPS Study Group, Benavente OR, Coffey CS, et al. Blood-pressure targets in patients with recent lacunar stroke: the SPS3 randomised trial. *Lancet.* 2013;382(9891):507-515. http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)60852-1.