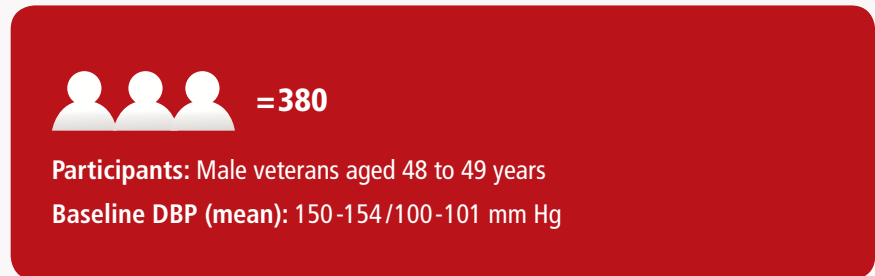
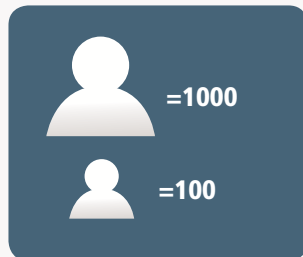


# VA Cooperative

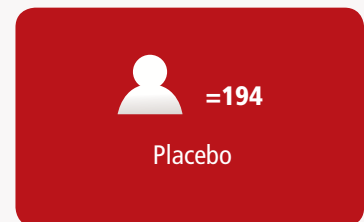


**Baseline BP (mean):**  
162.1/103.8 mm Hg  
**BP reduction (mean):**  
-27.2/-17.4 mm Hg  
**Achieved BP (mean):**  
134.9/86.4 mm Hg

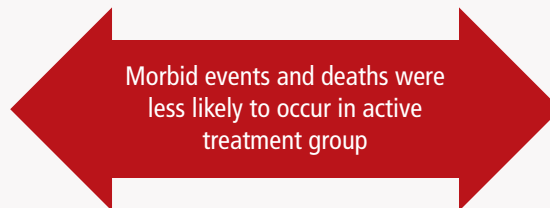


**Methods:** Participants received either placebo with riboflavin to ensure compliance or active antihypertensive treatment with a combination tablet containing hydrochlorothiazide 50 mg and reserpine 0.1 mg, plus hydralazine hydrochloride.

**Results:** Over an average of 3.2 years, and up to 5 years, active treatment reduced the risk of morbid events and deaths compared with placebo.  
This study was among the first to find a benefit of antihypertensive treatment in mild hypertension.



**Baseline BP (mean):**  
165.1/104.7 mm Hg  
**BP increase (mean):**  
+4.2/+1.2 mm Hg  
**Achieved BP (mean):**  
169.3/105.9 mm Hg



**Reference:** Effects of treatment on morbidity in hypertension, II: results in patients with diastolic blood pressure averaging 90 through 114mmHg. *JAMA*. 1970;213(7):1143-1152. <http://jama.jamanetwork.com/article.aspx?articleid=356138>.