# Contents

## SECTION 1: CLINICAL


1. **Current Challenges and Future Directions in the Clinical Management of Hypertension** 3
   *Shivam Dutt, Rohit Tandon, Bhupinder Singh, GS Wander*
2. **Controversies to Consensus in Hypertension Classification and their Impact** 7
   *Rajeev Gupta*
3. **Risk Factors Responsible for Hypertension** 15
   *Harsh Wardhan, Nitin Aggarwal, Archit Dahiya*
4. **Pathophysiology of Hypertension** 23
   *Hanumanth K Reddy, Ravi Komatireddy, Mohammad Ijaz, Geetha Komatireddy*
5. **OSA and Hypertension: Present Status and Future Directions** 27
   *Aseem Basha, Aayush K Singal, Nitish Naik*
6. **Obstructive Sleep Apnea and Systemic Hypertension** 33
   *Jagdish C Suri, Tejas M Suri*
7. **Microalbuminuria, Hypertension and Diabetes Mellitus: A Triple Jeopardy** 38
   *Supriya Datta, Viswanathan Mohan*
8. **Hypertension in Elderly Diabetics: Management Strategies** 45
   *Vinod Mittal*
9. **Hypertension in Young: Management Strategies** 49
   *Satyanarayan Routray, Dipak Ranjan Das, Shishu Shankar Mishra*
10. **Hypertension in Women: Is it different?** 53
    *Vishal Batra, Girish MP, Mohit D Gupta*
11. **Hypertension in Elderly in what Way Management is Different** 56
    *Ajay K Sinha, Vikas Singh, DP Singh*
12. **Stress, Mental Pollution and Hypertension** 61
    *Satish K Gupta, Rahul Gupta*
13. **Sex and Hypertension: Myth and Facts** 72
    *AK Pancholia*
14. **Exercise and Hypertension** 78
    *Chetan P Shah, Charan Reddy KV*
15. **COVID-19 and Systemic Hypertension** 83
    *Harikrishnan S*
16. **The Role of Autonomic Nervous System in Hypertension** 86
    *Geetha Subramanian, J Cecily Mary Majella*
17. **Vascular Disease and Hypertension** 92
    *M Somasundaram, Jacob Abraham Ruram*
18. **Air Pollution and Hypertension** 95
    *JPS Sawhney, Kushal Madan, Simran Sawhney*
19. **Eye and Hypertension: Changing Perspectives** 99
    *AK Grover, Amrita Sawhney*

**20. Noise Pollution and Hypertension** 106
*Chanchal Pal*

**21. Does Hypertension and Its Pharmacotherapy Affect the Quality of Sexual Function?** 110
*Praveen Jain, Mohammad Jibran, Mohd Aamir*

**22. Reduction of BP Targets to Reduce CVD Events: Status 2020 and Beyond** 115
*Sandeep Bansal, Anunay Gupta, Nitish Rai*

**23. Salt Sensitive Hypertension: Emerging Insights in an Old Entity** 119
*Prem Ratan Degawat, Rajeev Gupta*

**24. White Coat Hypertension: Clinical Outcome** 127
*Navanil Biswas, Debabrata Roy*

**25. Critical Appraisal of Essential Hypertension in Young Adults** 131
*Ankit Bansal, Vivek Chaturvedi*

**26. Hypertension and Endothelial Dysfunction** 138
*Shishu Shankar Mishra, Biswaranjan Mishra, Satyanarayan Routray, Akshaya Kumar Samal*

**27. Hypertension and Aortoarteritis** 145
*Madhumanti Panja, Manotosh Panja*

**28. Hypertension and Left Ventricular Hypertrophy: Clinical Implications** 152
*YK Subhash, Sivasubramanian Ramakrishnan*

**29. Hypertension and CKD: A Double Jeopardy** 156
*Ramesh Hotchandani, Abhimanyu Bhatia, Chinmaya Manchanda, Ashish Arora*

**30. Hypertension and Conn's Syndrome: Management Strategies** 163
*Vinod Sharma, Ruchi Sharma*

**31. Renin–Angiotensin–Aldosterone System 2020** 173
*Peeyush Jain*

**32. Hypertension and Sildenafil** 178
*Rakesh Varma, Anwar H Ansari*

**33. Hypertension, Seasonal, Diurnal BP Variability and CVD Risk** 183
*Vitull K Gupta, Meghna Gupta, Varun Gupta*

**34. The Management of Hypertension during the Perioperative Period** 188
*Aashish Jain, Anand Sharma, Yatin Mehta*

**35. Hypertension Preventive Strategies and Campaign in India** 196
*Jabir Abdullakutty, Musna PJ*

**36. Hypertension with Multiple Comorbidities** 209
*Sandeep Seth*

**37. Aortic Dissection in Hypertension: Management Strategies** 214
*Swarnika Srivastava, Anil Bhan*

**38. Long-term Cardiovascular Sequelae of Uncontrolled Hypertension and their Surgical Management** 222
*Yugal K Mishra, Jatin Yadav*

**39. Hypertension with Arterial Dissections: A Jeopardy** 240
*Pawan K Sharma, HK Chopra*

**40. Hypertension with Renal Artery Stenosis: Management Strategies** 247
*Babasaheb Divekar, Dhiraj Kumar, Prafulla Kerkar*

**41. Orthostatic Hypotension in Hypertensives Patients: Management Strategies** 251
*D Prabhakar, Narra Lavanya*

## SECTION 2: DIAGNOSTIC METHODOLOGY IN HYPERTENSION


**42. Importance of HBPM in Hypertension** 257
*A Muruganathan, M Gowri Sankar*

**43. Power and Promise of Home BP Monitoring** 262
*JPS Sawhney, Viraj Suvarna, HK Chopra*

**44. Power and Promise of ABPM in Hypertension Evaluation** 267
*CK Ponde, Pranav A Oza, Sumedh Ramteke, HK Chopra*

**45. Nondipping, Early Morning Surge in Hypertension in Isolated Systolic Hypertension in Elderly** 275
*Jostol Pinto, A George Koshy*

**46. Diagnostic, Prognostic and Therapeutic Implications of Nocturnal Nondipper, Reverse Dipper and Extreme Dipper in Hypertension Management** 279
*Bhushan Shah, Mohit D Gupta, Girish MP*

**47. Significance of Central Aortic Blood Pressure Monitoring in Hypertension** 288
*Manish Bansal, Ravi R Kasliwal*

**48. Lab Medicine and Hypertension: Clinical Impact** 294
*VK Katyal, Deepak Jain, Deepinder Singh*

**49. Hypertension and CRP Evaluation** 298
*Srikant Sharma, HK Chopra, Pratik Katyayan, Nisarg Patel*

**50. ECG in Hypertensive Heart Disease** 301
*SB Gupta*

**51. Role of MRI in the Evaluation of Hypertension** 306
*Nidhi Goyal, Vaibhav Gulati, Parveen Gulati*

**52. Multimodality Imaging Evaluation of Renovascular Disease in Hypertension** 325
*Sharad Agrawal, Nikita Agrawal*

**53. Artificial Intelligence and Hypertension** 329
*Mansi Kaushik, Manish Bansal, Ravi R Kasliwal*


## SECTION 3: ECHOCARDIOGRAPHY IN HYPERTENSION EVALUATION


**54. 3D Echo Evaluation in Hypertension** 337
*V Amuthan, RVA Ananth*

**55. LA and LV Strain Evaluation in Hypertension** 343
*Rakesh Gupta, Fabiola Sozzi, Sunil S Bohra, Ashok Garg,Nandita Chakraborti, Sidharth Mangla, Tanya Gupta*

**56. Echocardiography in Hypertension: Diagnostic, Prognostic, and Therapeutic Implications** 351
*Bao Xuan Nguyen, Masood Ahmad*

**57. LA Volume/LA Stiffness Index Evaluation by Echocardiography in Hypertension** 357
*Rahul Mehrotra, Raj Kumar Dahiya*

**58. Left Atrial Strain in Hypertension** 362
*Gautam Rege, Nitin Burkule*

**59. Advances in LV Strain Evaluation by Echocardiography in Hypertension** 368
*Ashok Kumar Omar, Arif Mustaqueem, Sameer Shrivastava*

**60. Erectile Dysfunction in Hypertension; Doppler Evaluation and Management Strategies** 374
*Naveen Garg, KK Kapur*

**61. Echocardiographic Evaluation of Left Ventricular and Left Atrial Strain in Hypertension: Diagnostic, Prognostic and Therapeutic Implications** 383
*Martin A Chacon-Portillo, Steven Stroud, Rajesh Janardhanan*

62. **Advances in Echocardiographic Evaluation of Hypertension with Takotsubo Syndrome** 388
*Neda Dianati Maleki, Aditi Malhotra, Smadar Kort*

63. **Low Diastolic Blood Pressure in Elderly: Management Strategies** 393
*G Justin Paul, J Cecily Mary Majella*

64. **Role of Echocardiography in Hypertension** 398
*Radhakrishnan Shanmuga Sundram, Hyun Suk Yang, Nandan Anavekar, Krishnaswamy Chandrasekaran*

65. **Chlorthalidone: Efficacy and Outcome Evaluation in Hypertension** 409
*CK Ponde, Sumedh Ramteke, Pranav A Oza, HK Chopra*

66. **Diuretic Effect and Outcome Evaluation by Echocardiographic Variables in Hypertension** 414
*Rohit Tandon, Shivam Dutt, Mandeep Sondh, Ankit Tandon*

67. **Pharmacological Treatment of Resistant Hypertension: What is New?** 420
*Amrish Agrawal, Vishal Agrawal, Omar Hallak*

68. **Aortic Stenosis and Hypertension: A Double Jeopardy Echo Evaluation** 426
*Satish C Govind*

69. **Hypertension and Atrial Fibrillation** 430
*Rakesh Sarkar, Kartikeya Bhargava*

70. **Hypertension and Cardiac Arrhythmias** 436
*Pawan Suri, Vanita Arora*

71. **Cut-offs for Hypertension in India: Implications for 2020 and Beyond** 439
*Prerna Kapoor, Arpit Agarwal, Aditya Kapoor*

72. **LVH in Echo: Hypertrophic Response or Hypertrophic Cardiomyopathy?** 443
*Shanmugasundaram S, Ilayaraja U, Vinodhkumar B*

73. **Role of Left Ventricular Longitudinal Strain Imaging in Systemic Hypertension** 452
*S Sivasankaran, G Vijayaraghavan*

## SECTION 4: HYPERTENSION TO HEART FAILURE

74. **Hypertensive Emergency and Urgency: Echocardiographic Evaluation** 457
*Rekha Mishra, Hakim Irfan Showkat*

75. **Transition from Hypertension to Heart Failure: Management Strategies** 469
*SS Iyengar, Saleha N*

76. **Uncontrolled Hypertension to Heart Failure with Preserved Ejection Fraction** 478
*Pawan K Sharma, HK Chopra*

77. **Hypertension to HEpEF: Where are we Today?** 484
*Milind Shrivastava, Rakesh Gupta*

78. **Cardiorenal Syndrome in Hypertension** 494
*Sadanand R Shetty, Avinash Ashok Guthe, Milind S Phadke*

79. **Hypertension, Stroke and Heart Failure Connect: Prognosis and Outcome** 507
*Srikant Sharma, Aayushi Gupta, HK Chopra*

80. **Practical Use of ARNI in Hypertension with Heart Failure** 512
*Kamal K Sethi, Kabir Sethi*

81. **ARNI in Hypertension with NYHA Class II HF: What is the Evidence?** 517
*Viveka Kumar, Ankesh Kumar, Jawed Anwer*

82. **Indication of ARNI in Hypertension in ICCU** 522
*Viveka Kumar, Ankesh Kumar, Jawed Anwer*

83. **ARNI in Hypertension with ACS and Heart Failure** 526
*Brian Pinto, Sinkar KP, Kolamkar YG, Dhirwani B, Kumble YM*

84. ARNI: Morbidity and Mortality Benefits in Heart Failure with Hypertension 533
*Nakul Sinha*

85. Diagnostic, Prognostic and Therapeutic Implications of Advance Echocardiography in Hypertension with HFrEF 537
*Aniruddha De*

SECTION 5: HYPERTENSION TO STROKE

86. Hypertension and Stroke 549
*Neeraj Kumar*

87. Hypertension and Multiple Lacuna Infarcts 553
*Joy Dev Mukherji, Mukesh Kumar, Gaurav Datta*

SECTION 6: HYPERTENSION AND AORTA

88. Echocardiographic Evaluation of the Aorta in Hypertension 559
*Prakrity Urja, Navin C Nanda, Zeyad M Elmarzouky, Subash Dulal, Aiman Smer, HK Chopra*

89. Aortic CT Evaluation of Hypertension 567
*Priya Jagia, Mansi Verma, Niraj Nirmal Pandey*

90. Aortic MR Evaluation in Hypertension 574
*Mona Bhatia, Parveen Kumar*

SECTION 7: HYPERTENSION AND RENOVASCULAR DISEASES

91. Ultrasonographic Evaluation of Renovascular Disease in Hypertension 585
*Naveen Garg, KK Kapur, HK Chopra*

92. Magnetic Resonance Imaging Evaluation of Renovascular Disease in Hypertension 595
*Johann Christopher, Zeeshan Sakina Lakhani, Shruthi Kalyan*

SECTION 8: HYPERTENSION AND INTERVENTION

93. Management of Hypertension in Patients with ACS 605
*Saakshi Sarin, Praveen Chandra*

94. Hypertension in STEMI and Other ACS 609
*Dhiman Kahali, Aniruddha Mandal, Sushant Pathak, Asit Das*

95. Hypertension in Patients Undergoing Percutaneous Coronary Interventions 616
*Ravi Prakash, Satyanand Pathak, HK Chopra*

96. Hypertension and Diabetes: Post-PCI—Management Strategies 618
*Satyendra Tewari, Soham Chaudhary, Ritesh Kumar Pandey*

97. Pre, during and Post-CABG with Hypertension 622
*OP Yadava, Dhanesh Kumar*

98. Post-ICD with Hypertension 630
*Surendra Chutani, Arun Chutani, Aarti Shah, Bharat Kantharia*

99. Interventional Therapies in Resistant Hypertension 634
*Vijay Bang, Charan Reddy KV*

100. Hypertension Management before, during and after LVAD Implantation 640
*Pawan Kumar Singh, Rajneesh Malhotra, Kewal Krishan*

101. The Curious Case of Systolic Hypertension 644
*Anil Dhall, Puneet Gupta, Abhijit Das*

**102. Current Status of Renal Denervation Therapy** 657
*Viveka Kumar, Vivek Kumar*

**103. Post Heart Transplant with Hypertension** 662
*Latika Kalra, Kewal Krishan, Rajneesh Malhotra*

## SECTION 9: HYPERTENSION AND CAROTID ARTERY DISEASE

**104. Carotid Artery Disease: Diagnostic, Prognostic and Therapeutic Implications in Hypertension** 669
*Atul Mathur, Ashish Jaikishan*

## SECTION 10: HYPERTENSION AND PERIPHERAL VASCULAR DISEASE

**105. Diagnostic, Management, and Prognostic Implications of Peripheral Artery Disease in Hypertension** 679
*NN Khanna, Francis Chidiebere Asogwa*

## SECTION 11: CLINICAL MANAGEMENT STRATEGIES

**106. Ideal Methods of Blood Pressure Measurements** 689
*VV Muthusamy, M Anand Kumar, Dhanvanth Rajesh Balaji*

**107. Beta-blockers and Hypertension: What is the Effect and Outcome?** 696
*Jamshed J Dalal*

**108. Bisoprolol in Hypertension** 703
*AK Pancholia, HK Chopra, Harshveer Singh Malhi*

**109. Role of Statins in Hypertension with CVD Comorbidities** 716
*HK Chopra, CK Ponde, Rajesh Meena, Arun Chopra*

**110. Power and Promise of Telmisartan in Hypertension Management** 721
*HK Chopra, V Anand, AK Bali, NK Chopra*

**111. Angiotensin Receptor Blockers and Hypertension** 726
*Jayagopal PB, SKM Sarjun Basha*

**112. Alpha-blockers and Hypertension** 731
*Satyanand Pathak, Ravi Prakash*

**113. Alpha-Beta Blockers and Hypertension** 735
*Mohit M Bhagwati, Mohan Bhargava, Neha Israni*

**114. Diuretics in Hypertension: Status 2020** 739
*Prudhvi Raj Attada, Dayasagar Rao Vala*

**115. Diuretics as Antihypertensive in Elderly: Issues and Challenges** 752
*Manoranjan Mandal, Aadil Bashir Wasil*

**116. Single Pill Combination Antihypertensive Therapy is the Only Way to Mitigate the Menace of Hypertension** 757
*Mrinal Kanti Das*

**117. Chlorthalidone and Hypertension: Choosing the Right Antihypertensive for CV Risk Reduction** 762
*Anil Pareek, Prafulla Kerkar, Ravi Tejraj Mehta*

**118. Mineralocorticoid Antagonists in Resistant Hypertension 2020 and Beyond** 768
*Tapan Ghose, Jaideep Dey*

**119. Eplerenone: A Novel Mineralocorticoid Receptor Antagonist for Resistant Hypertension** 775
*HK Chopra, Viveka Kumar, CK Ponde, AK Pancholia*

**120. ARNI and Hypertension: Present Status and Future Directions** 779
*Vineet Bhatia, Parneesh Arora, Upendra Kaul*

121. SGLT2 Inhibitors and Hypertension: Present Status and Future Directions 783
*K Venugopal*

122. Combination Therapy in Hypertension: What is the Rationale? 787
*AK Pancholia, HK Chopra, SK Bakshi, Mukul Kaushik*

123. Hypertensive Crisis: Management Strategies 792
*Viveka Kumar, Ankesh Kumar, Harmeet Singh*

124. NOAC Safety in AF with Hypertension 796
*Pawan K Sharma, HK Chopra*

125. Resistant Hypertension—A Global Tsunami: How to Manage? 801
*Pawan K Sharma, HK Chopra*

126. Telemedicine and its Role in the Management of Resistant Hypertension 808
*P Krishnam Raju, SG Prasad*

127. Hypertension in STEMI: Management Strategies 815
*Ashwin B Mehta, Nihar P Mehta*

128. Postural Variability of Blood Pressure: Clinical Importance 820
*Arup Dasbiswas, Mansij Biswas*

129. Azilsartan: Newer ARB in Difficult to Treat Hypertension 824
*AK Pancholia, HK Chopra, Satyanarayana Upadhyayula*

**SECTION 12: PEDIATRIC CARDIOLOGY AND HYPERTENSION**

130. Management Strategies for Hypertension in Children 831
*IB Vijayalakshmi, Chitra Narasimhan*

131. Hypertension and Stroke in Pediatric Population 839
*Hosam Rashwan, Hala El-Marsafawy*

132. Heart Failure in Pediatric Hypertension 844
*Sonia El-Saiedi, Yasser Sedky*

133. Pediatric Hypertension: An Overview 849
*Yasser Sedky, Sonia El-Saiedi*

**SECTION 13: METABOLIC SYNDROME AND HYPERTENSION**

134. Metabolic Syndrome and Hypertension 857
*SN Narasingan*

135. Hypothyroid and Hypertension 864
*Saumitra Ray, Biswarup Sarkar*

136. Hyperthyroid and Hypertension 867
*Asha Moorthy*

137. Pregnancy and Hypertension 869
*Anjan Lal Dutta, Soumik Chaudhuri*

138. Hypertension and Toxemia of Pregnancy 878
*Bhavna Anand*

**SECTION 14: NUTRITION AND HYPERTENSION**

139. CoQ10 and Arginine in Hypertension: Future Directions 885
*Pawan K Sharma, HK Chopra*

140. Role of Vitamin D Deficiency in Hypertension 890
*Vijay Bang, Charan Reddy KV*

## SECTION 15: CARDIO-ONCOLOGY AND HYPERTENSION

**141. Understanding Chemotherapy and Radiation-induced Hypertension** **897**
*Indu Bansal Aggarwal, Harmesh Aggarwal, Anmol Aggarwal*

## SECTION 16: SYSTEMIC INFLAMMATORY RELEASE SYNDROME WITH RESISTANT HYPERTENSION

**142. Resistant Hypertension with Heart Failure and Sepsis** **905**
*Surabhi Awasthi, Gouri Shankar Ray*

## SECTION 17: ECMO AND HYPERTENSION

**143. Resistant Hypertension with Heart Failure and ECMO** **913**
*Poonam Malhotra Kapoor*

## SECTION 18: REHABILITATION

**144. Role of Yoga in Hypertension** **929**
*SC Manchanda, Kushal Madan*

**145. Exercise Training in Resistant Hypertension** **936**
*Kushal Madan, Saurabh Bagga, JPS Sawhney*

## SECTION 19: FUTURE DIRECTIONS

**146. Review of Ongoing Drugs and Device Trials in Patient of Hypertension with HFpEF** **941**
*Viveka Kumar, Jawed Anwer, Ankesh Kumar*

**147. Review of Ongoing Trials with ARNI in Resistant Hypertension with Heart Failure** **946**
*I Sathyamurthy, KN Srinivasan*

**148. Which Hypertension Guidelines should Indians Follow in 2020 and Beyond—AHA/ACC or ESC?** **951**
*Rohit Tandon, Abhishek Goyal, GS Wander*

**149. Emerging Role of SGLT2 Inhibitors in Resistant Hypertension with Heart Failure** **955**
*PC Manoria, Pankaj Manoria*

***Index*** ***957***