

# Refractory hypertension

This article has been translated from WikiSkripta; the **translation** needs to be checked.  
This article has been translated from WikiSkripta; the **formatting** needs to be checked.

náhled|200px|Nespolupráce pacienta („non-compliance“) **Refractory hypertension** (synonym Resistant hypertension, RH) is defined as blood pressure exceeding 140/90 mmHg – despite long enough treatment with **triple combinations of antihypertensives** of different classes, one of which is a diuretic.

\*Currently, the definitions of refractory and resistant hypertension are different: **resistant** hypertension resists combination therapy of three groups of antihypertensives, one of which is a diuretic, while **refractory** hypertension resists combination of even five different groups of antihypertensives.

- Refractory hypertension affects 5–30% of patients with hypertension.<sup>[1]</sup>

## Risks

Patients with refractory hypertension have a higher risk of (compared to compensated hypertension):

- myocardial infarction;
- stroke;
- dissecting aortic aneurysm;
- renal failure;
- congestive heart failure.

## Causes

The causes of refractory hypertension include:

- secondary hypertension (must be treated causally);
- inadequate antihypertensive treatment (inappropriate combination of antihypertensive drugs, inappropriate dosage);
- associated diseases;
- concomitant use of nonsteroidal antirheumatic drugs;
- **patient non-cooperation (patient does not respect the recommended doses and / or intervals;** refuses to influence an unhealthy lifestyle: smoking, alcohol, salt, physical activity).

## Links

### Resources

- HOLAJ, Robert. Kardiologický kroužek. III. interní klinika VFN a 1. LF UK v Praze, 2009.

### Reference

1.

### Used literature

- 
-