The Ultimate Value of Case Reports To Provide The Best Patient Care
Disclosure

• None
Translational Research

“Translational Medical Science”

• Translational research:
  
  T1 research, “bench-to-bedside” or from basic science knowledge to new treatment,
  
  T2 research, from clinical trials findings to everyday practice.

• Translational medical science:
  
  From clinical observations-to-clinical practice.
Global Health Risks

Deaths attributed to 10 leading risk factors, by country income level, 2004

HOW COME THE BP GOES UP?
IDIOPATHIC = Multiple Factors
(no precise mechanism known)

Increased sympathetic nervous system tone
Increased Renin-Angiotensin-Aldosterone System (RAAS) activity
High salt consumption
  Inactivity
  Obesity
  “Stress”
Socioeconomic status (SES)
  Anxiety
  Anger-Hostility-Rage
Environment
  High BP
  “Age”
Genetic factors
The most important Risk Factor for Death

- Data from the WHO show that **HIGH BP**, defined on the basis of office BP measurement, represents the single most important risk factor for mortality on a **worldwide** basis, with an estimated 8 million deaths attributable to high BP out of 56 million total deaths worldwide in the year 2001.

Change in PP from the 9th to 35th Month in the Usual vs Low Group

Baseline

U

S
M
D

L

S
M
D

9th Month

18th Month

35th Month

PP1 < PP2 < PP3

102-107 mmHg

=/> 92 mmHg

DBP1 < DBP2 < DBP3

p = ns
How Hypertension Begets Hypertension

A study in dogs n = 9
Trend in Pulse Pressure for low and usual Blood Pressure Groups.

- Low Goal
- Usual Goal
WHAT IS TRANSLATIONAL RESEARCH?

OBSERVATIONS

Basic Clinical Res

Clinical observations

Clinical Res Trials

Bed Side observation

Conferences