

Blood pressure: Know your numbers

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Dr. Jiang He is the Joseph S. Copes chair and professor in the Department of Epidemiology at the Tulane University School of Public Health and Tropical Medicine. He is an expert in the study of hypertension, diabetes, stroke, cardiovascular disease and chronic kidney disease and has conducted research in seven countries and published more than 400 research papers related to hypertension and cardiovascular diseases. The infographic below shows numbers related to Dr. He's latest findings in the effects of blood pressure on cardiovascular disease. **Editor's note: This graphic appeared first in the Sept. 2017 issue of *Tulane* magazine.**

In That Number Lower Blood Pressure Target

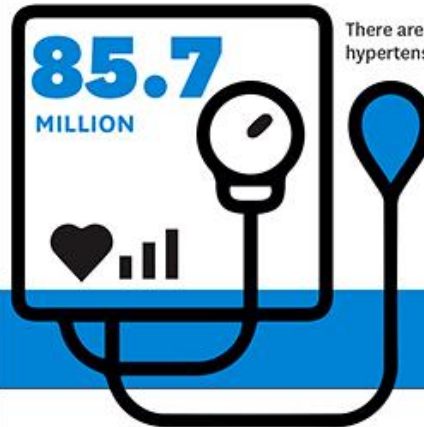
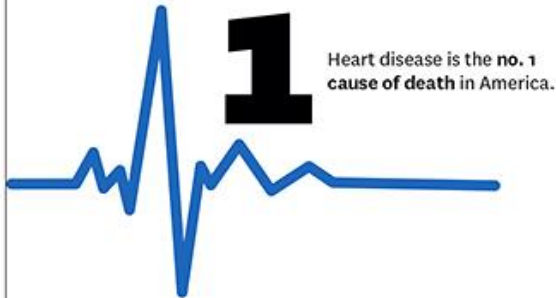


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92.1 MILLION 

There are 92.1 million adults affected by heart disease in America.



<140

Previously, <140 mm Hg was thought to be the target number for systolic blood pressure (SBP) in adults with hypertension.

120-124

A new study by Tulane University researchers led by Dr. He finds that 120-124 mm Hg could be a better SBP treatment target for preventing cardiovascular disease and mortality.



42 Researchers from Tulane University schools of Public Health and Tropical Medicine and Medicine analyzed 42 clinical trials to come to the conclusion on lower SBP.



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