



V DIRETRIZES BRASILEIRAS DE HIPERTENSÃO ARTERIAL

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Apoio

- Bayer HealthCare
- Biosintética Farmacêutica Ltda.
- Boehringer Ingelheim do Brasil
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- Farmalab Indústrias Químicas
e Farmacêuticas Ltda.
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- Merck Sharp & Dohme Farmacêutica Ltda.
- Novartis Biociências S.A.
- Omron
- Sankyo Pharma Brasil Ltda.
- Torrent do Brasil Ltda.

Apresentação

Passados quatro anos, foi necessário rever as condutas diagnósticas e terapêuticas em hipertensão arterial para publicar as V Diretrizes Brasileiras de Hipertensão Arterial e oferecer ao médico brasileiro o conhecimento das mudanças mais importantes na prevenção, no diagnóstico, no tratamento e no controle da hipertensão arterial, orientado pelo trabalho árduo e voluntário de 118 especialistas das várias regiões do País sob o patrocínio da Sociedade Brasileira de Cardiologia, da Sociedade Brasileira de Hipertensão e da Sociedade Brasileira de Nefrologia e o apoio e a contribuição de nove Sociedades Médicas.

Mudanças importantes na conduta diagnóstica e terapêutica foram exaustivamente discutidas. No diagnóstico, considerando o progresso verificado nas medidas de pressão arterial fora do consultório médico, a monitorização ambulatorial da pressão arterial (MAPA) e a monitorização residencial da pressão arterial (MRPA) foram incluídas como opções no fluxograma diagnóstico. Com relação à terapêutica, a inclusão da conduta baseada no risco cardiovascular adicional de acordo com os níveis da pressão arterial e a presença de fatores de risco, lesões de órgãos-alvo e doença cardiovascular deixam este documento em sintonia com o que há de mais atual na terapêutica cardiovascular.

Temos certeza que este documento, à semelhança dos anteriores¹⁻⁴, oferecerá à comunidade médica brasileira um guia prático, objetivo e adequado à nossa realidade, para ser utilizado como referência na prática diária.

Agradecemos o empenho de todos os colegas que contribuíram de forma definitiva para o sucesso desta publicação, trabalhando via internet e participando ativamente da reunião plenária no dia 13 de fevereiro de 2006, em São Paulo, SP.

Somos gratos também à indústria farmacêutica pelo apoio institucional que permitiu a realização da reunião plenária e a divulgação deste documento em reuniões que serão realizadas em várias regiões do País.

A Comissão Organizadora

Grau de Recomendação

- Grau A – grandes ensaios clínicos aleatorizados e metanálises.
- Grau B – estudos clínicos e observacionais bem desenhados.
- Grau C – relatos e séries de casos.
- Grau D – publicações baseadas em consensos e opiniões de especialistas.

¹ I Consenso Brasileiro de Hipertensão Arterial. *Arq Bras Cardiol* 1991; 56 (suppl. A): A1-16.

² II Consenso Brasileiro de Hipertensão Arterial. *Arq Bras Cardiol* 1994; 63 (4): 333-347.

³ III Consenso Brasileiro de Hipertensão Arterial. *Rev Bras Clin Terap* 1998; 24 (6): 231-272.

⁴ IV Brazilian Guidelines in Arterial Hypertension. *Arq Bras Cardiol* 2004; 82 (suppl. 4): 7-22.

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