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TARGET ORGAN DAMAGE AND CARDIOVASCULAR COMPLICATIONS OF HYPERTENSION IN LOW RESOURCE SETTING

The past one century has seen remarkable changes in the prevalence, and clinical outcomes of high blood pressure globally but notably in Africa and developing economies generally. This paper reviews the current picture of target organ damage and cardiovascular complications in Africa using available literature as well as meta-analyses. Significant observations show that about two-thirds of individuals with high blood pressure worldwide live in the developing countries. Projections for 2025 see an increase of this proportion to 75 per cent. Low awareness levels, late presentation, and low treatment and control levels contribute to the higher prevalence of target organ damage and other cardiovascular complications in hypertensive subjects in Africa. Concerted efforts are recommended to combat this scourge in Africa and other developing countries globally.

Biography

Basden Onwubere is Professor of Medicine and Consultant Cardiologist, has been in active medical practice for over four decades. He has also been in dedicated academic teaching work for over a quarter of a Century. He is a Fellow of the American College of Physicians, the European Society of Cardiology and also a Fellow of the West African College of Physicians and the Postgraduate Medical College of Nigeria. He is a past President, Nigerian Hypertension Society and Vice President, Nigerian Cardiac Society. He was Chair of Africa Regional Advisory Group and Council member of the International Society of Hypertension. Has published many papers in peer-reviewed journals and written two books on hypertension.

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