

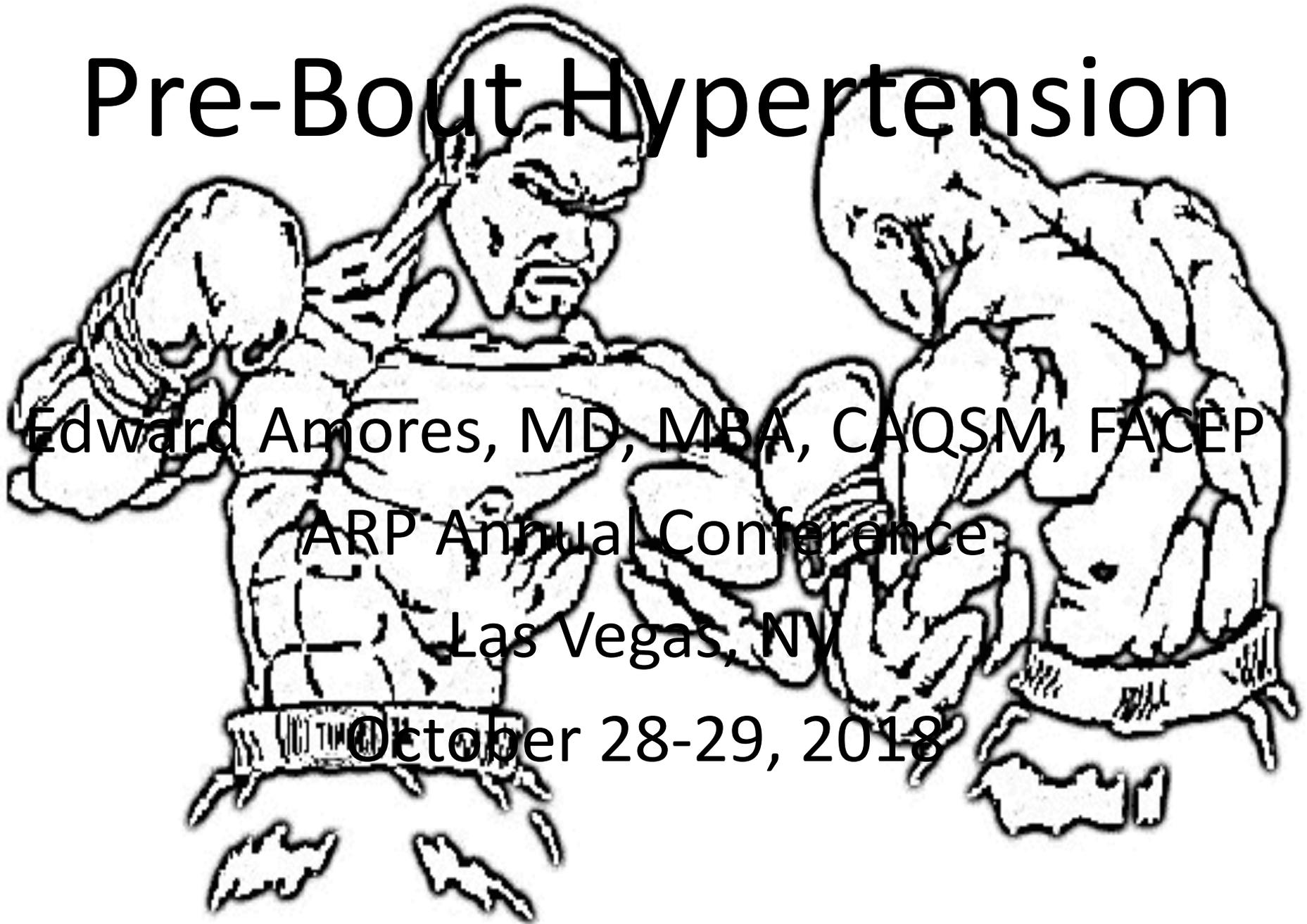
# Pre-Bout Hypertension

Edward Amores, MD, MBA, CAQSM, FACEP

ARP Annual Conference

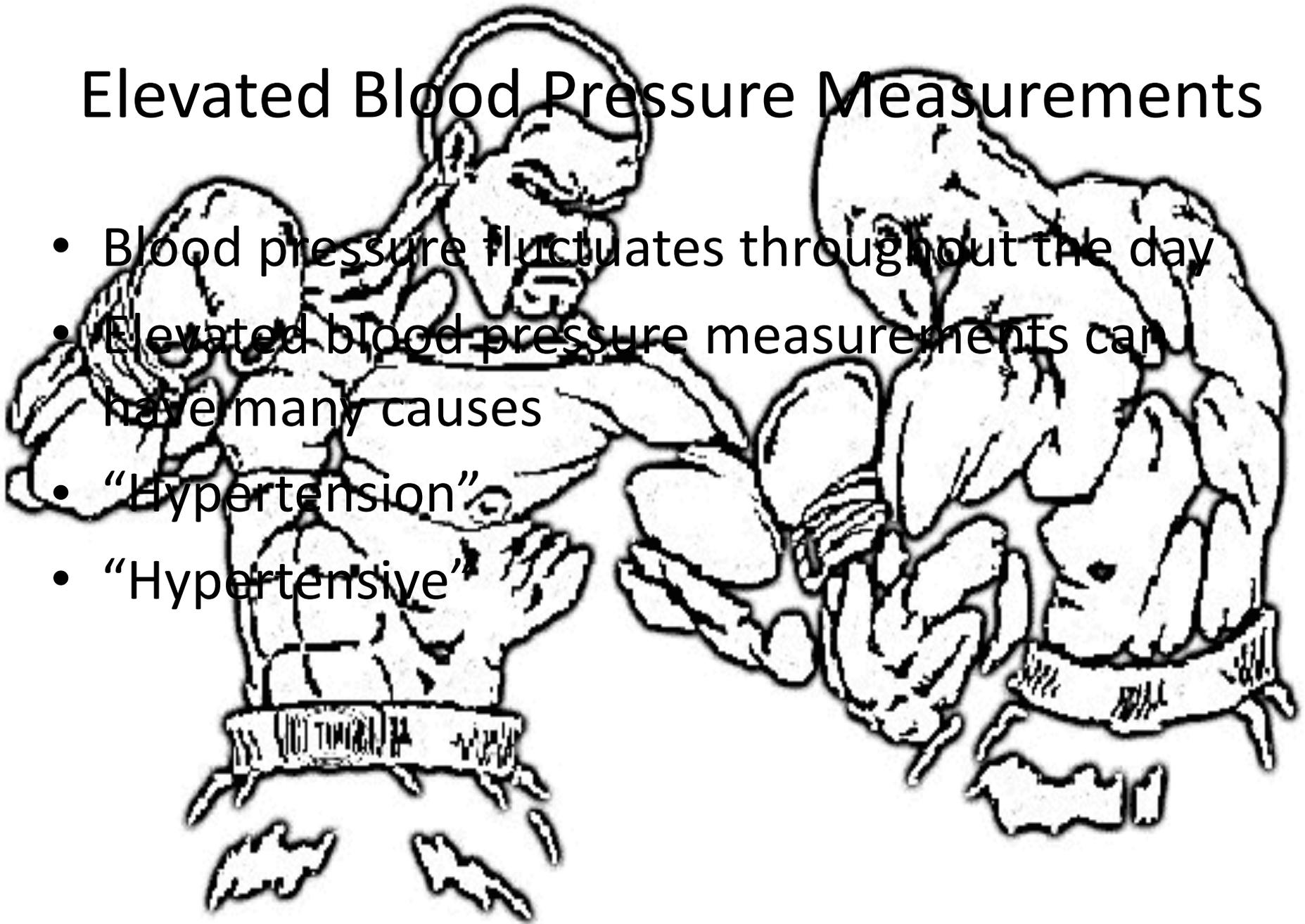
Las Vegas, NV

October 28-29, 2018



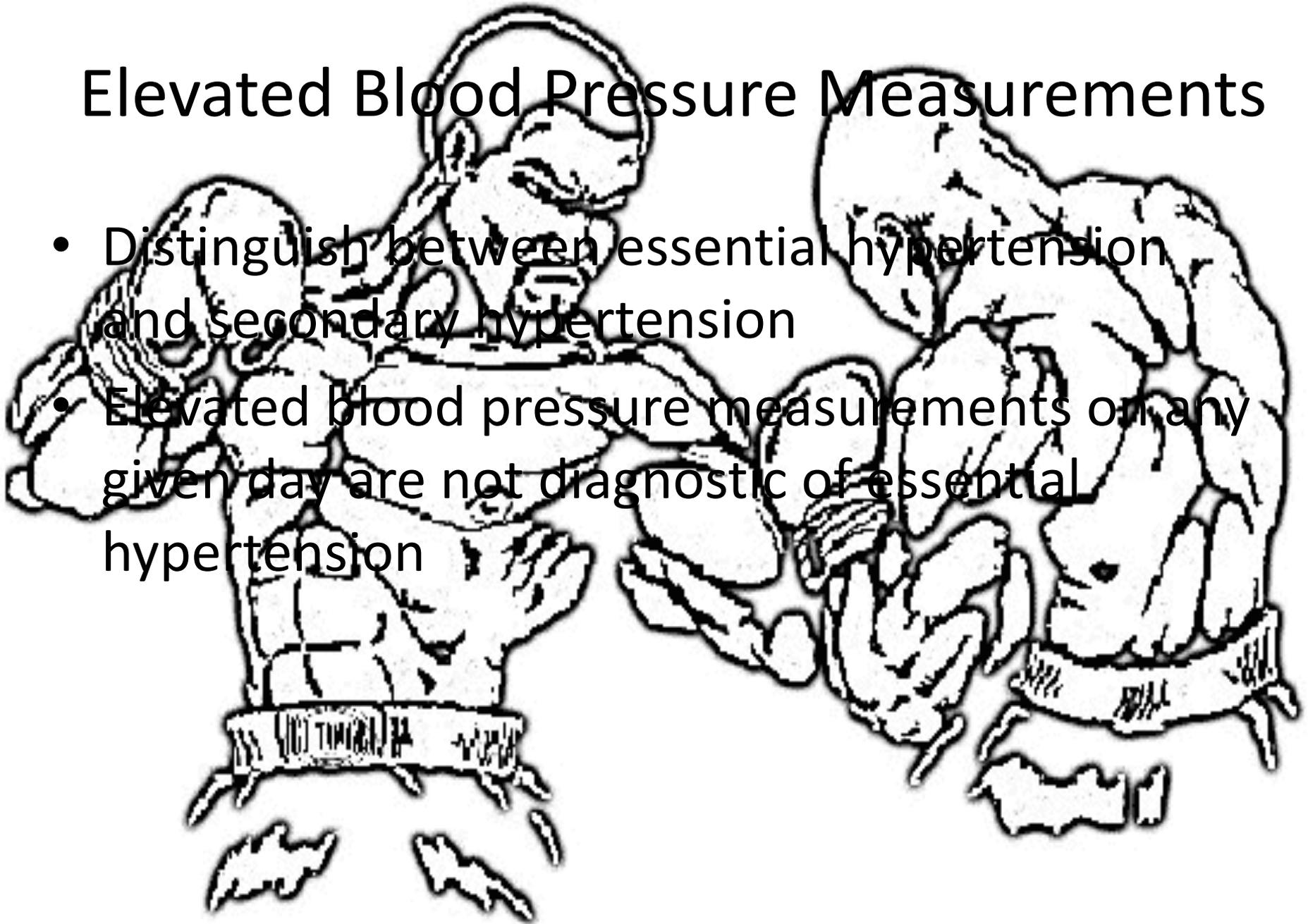
# Elevated Blood Pressure Measurements

- Blood pressure fluctuates throughout the day
- Elevated blood pressure measurements can have many causes
- “Hypertension”
- “Hypertensive”



# Elevated Blood Pressure Measurements

- Distinguish between essential hypertension and secondary hypertension
- Elevated blood pressure measurements on any given day are not diagnostic of essential hypertension



# Essential Hypertension

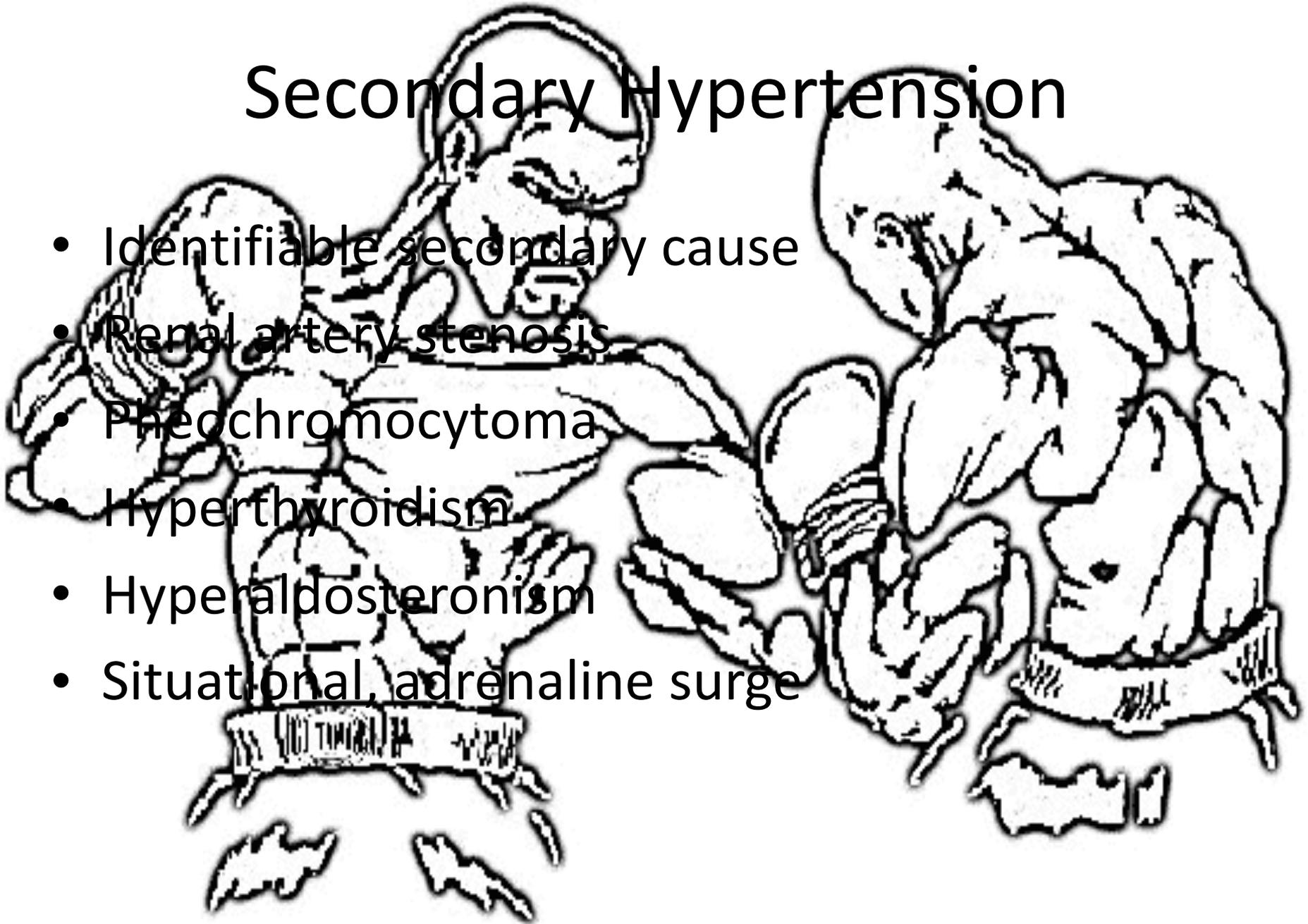
- Also known as primary hypertension
- Defined as BP  $\geq 140/90$  mmHg, *with no secondary cause identified*
- Require separate elevated blood pressure measurements
- Genetic component
- Dietary and lifestyle risk factors

1. National Heart, Lung, and Blood Institute. The seventh report of the Joint National Committee on the Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. August 2004.

<http://www.nhlbi.nih.gov/>

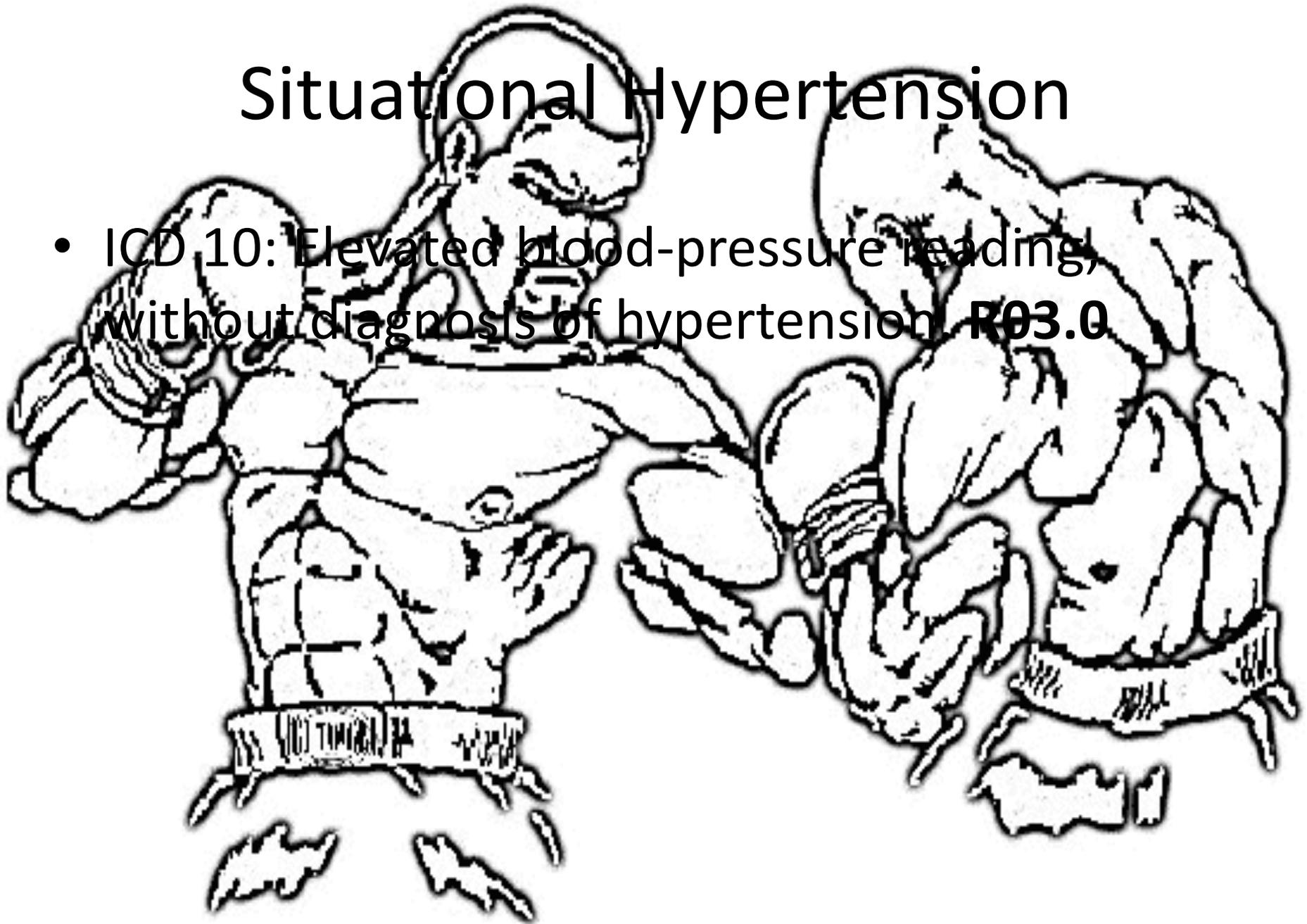
# Secondary Hypertension

- Identifiable secondary cause
- Renal artery stenosis
- Pheochromocytoma
- Hyperthyroidism
- Hyperaldosteronism
- Situational, adrenaline surge



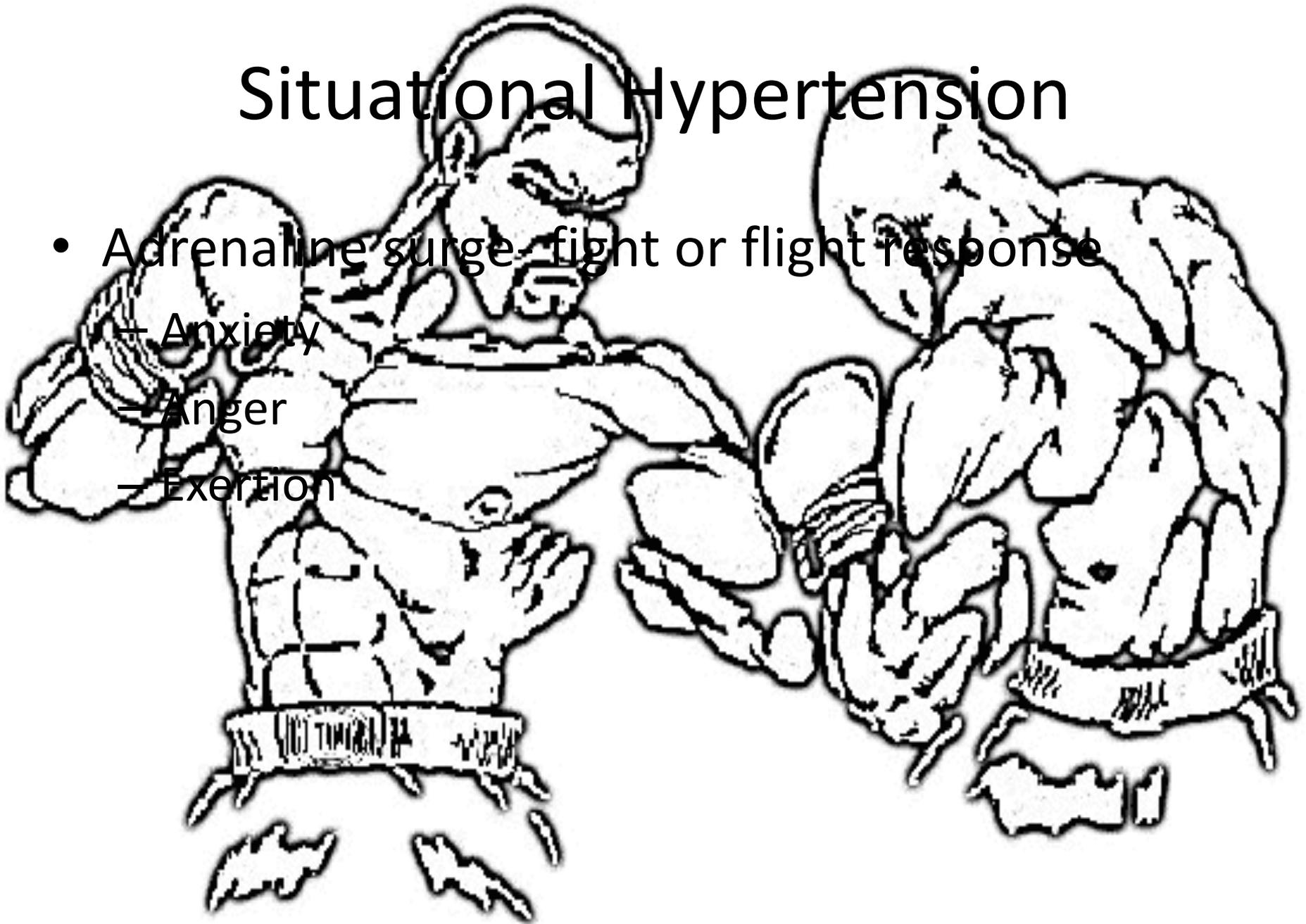
# Situational Hypertension

- ICD 10: Elevated blood-pressure reading, without diagnosis of hypertension. **R03.0**



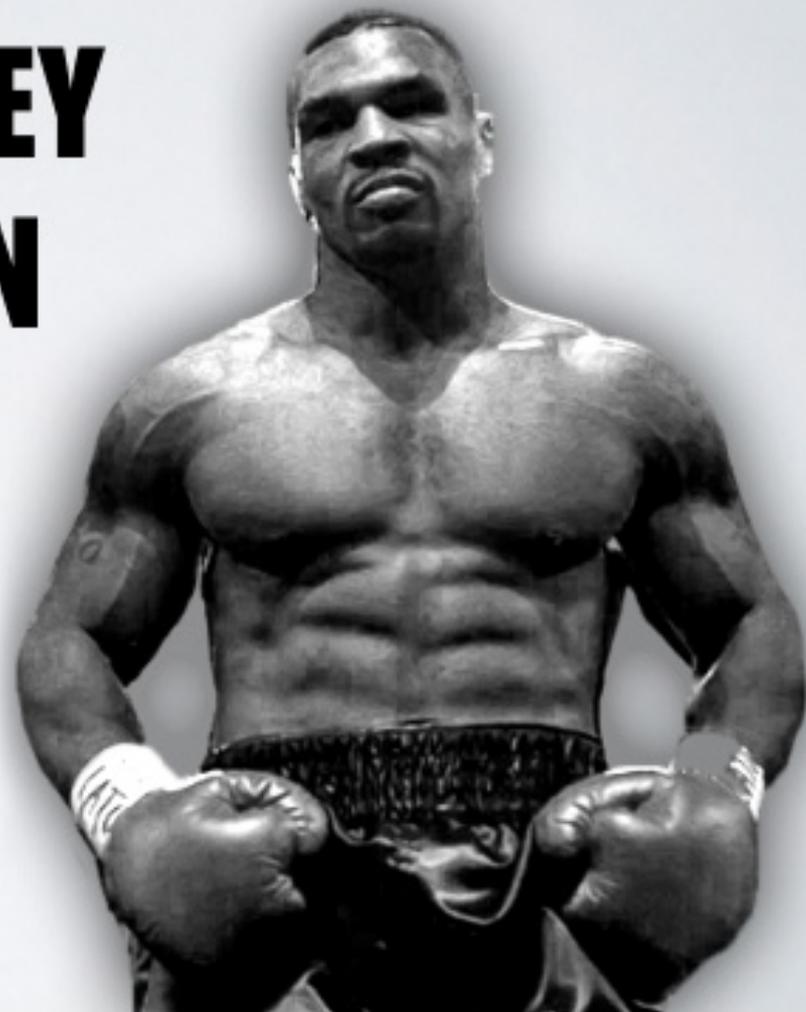
# Situational Hypertension

- Adrenaline surge - fight or flight response
  - Anxiety
  - Anger
  - Exertion



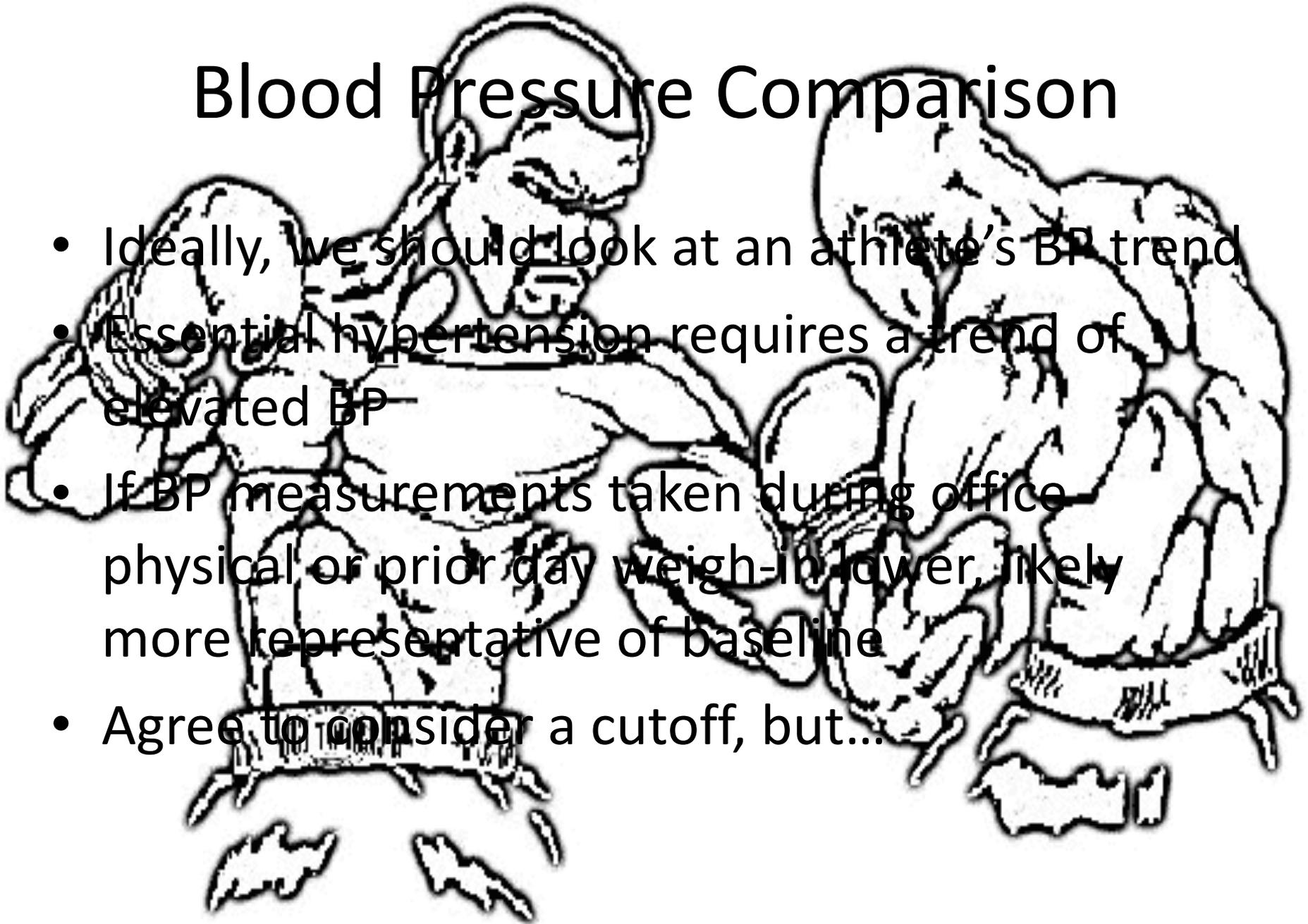
**“EVERYBODY HAS  
A PLAN UNTIL THEY  
GET PUNCHED IN  
THE FACE”**

**- MIKE TYSON**



# Blood Pressure Comparison

- Ideally, we should look at an athlete's BP trend
- Essential hypertension requires a trend of elevated BP
- If BP measurements taken during office physical or prior day weigh-in lower, likely more representative of baseline
- Agree to consider a cutoff, but...



Relax, repeat





KEEP  
CALM  
AND

*RE*CHECK YOUR  
BLOOD PRESSURE



Thank you

