

High Blood Pressure Patients Who Exercise May Live Longer

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Staying active might help reduce the death risk of people with hypertension, according to a study presented at the World Congress of Cardiology and reported by [HealthDay News](#).

For the study, researchers at the Institute of Population Health Science at Taiwan's National Health Research Institute evaluated the health information of more than 434,000 people during 12 years. Of all study participants, 54 percent were inactive, 22 percent had low activity levels and 24 percent had moderate or high activity levels.

Findings showed the death risk from all causes was much higher among participants who were inactive compared with those who were active at all blood pressure levels. This was especially true regarding risk of death from cardiovascular disease—health conditions such as heart attack and stroke that involve the heart and blood vessels.

“This study is the first to quantify the impact of exercise on the risk profile of people with high blood pressure,” said C.P. Wen, of the Institute of Population Health Science, the study's author. “Appreciating this relationship will hopefully help to motivate people with high blood pressure who are inactive to take exercise.”

Researchers also found that inactivity increased death risk at the same rate as increases in blood pressure. (High blood pressure contributes to about half of all cases of cardiovascular disease, with disease risk doubling for every 10-point rise in diastolic blood pressure—the bottom number in a blood pressure reading.)

Wen said the findings suggested that doctors and patients should focus on more than just blood pressure readings. They should also discuss the importance of physical exercise as a means to manage cardiovascular disease and all-cause mortality risk.

Did you know hypertensive African Americans are twice as likely as other racial groups with the same condition to suffer sudden cardiac death? [Click here](#) to find out more.
