Black Men With Allergies at Risk for High Blood Pressure

Coronary heart disease was also attributed to a history of allergies.

April 15, 2022 By Laura Schmidt

Black male adults with a history of allergic disorders had the highest risk for high blood pressure and coronary heart disease, according to data from the National Health Interview Survey (NHIS), a cross-sectional survey of the United States population.

“For patients with allergic disorders, routine evaluation of blood pressure and routine examination for coronary heart disease should be given by clinicians to ensure early treatments are given to those with hypertension or coronary heart disease,” said lead study author Yang Guo, PhD, of the Department of Dermatology at the Institute of Dermatology at Peking University Shenzhen Hospital, Shenzhen Peking University—The Hong Kong University of Science and Technology Medical Center, in a news release.

Guo’s study aimed to identify whether there is an increased cardiovascular risk for adults with allergic disorders, an association hinted at by other studies.

Researchers used 2012 NHIS data on 34,417 adults. Of these, 10,045 had at least one allergic disorder, including skin allergy, digestive allergy, respiratory allergy and asthma. Findings were adjusted for race, sex, age, alcohol consumption, smoking and body mass index.

Findings showed an increased risk of developing high blood pressure and coronary heart disease among those with a history of allergic disorders. Upon further analysis, individuals between ages 18 and 57 with a history of allergic disorders had a higher risk for high blood pressure. Moreover, a higher risk for coronary heart disease was seen in participants who were male, Black and between age 39 and 57.

“Further large cohort studies with long-term follow-up are needed to confirm our findings,” Guo said. “Additionally, appreciating the underlying mechanism may help future management in such individuals.”

To learn more about blood pressure, click here.

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