

가 (25.8%) , 가 (25.0%) , 가 (6.7%)

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가 .
atherosclerosis가 .
atherosclerosis

•	•	•	•	•
•	•	•	•	•

1. .	(%)	(%)
30~39	17.5	5.4
40~49	28.6	15.2
50~59	40.0	33.2
60~69	56.8	57.4
70+	52.5	61.5

* . 2004

(isolated systolic hypertension, ISH)

(pulse pressure)

140mmHg 90mmHg

140mmHg 90mmHg

65

2/3

JNC 7(2003) , 50

SBP 140mmHg DBP 90mmHg

(CVD risk factor)

20mmHg 10mmHg

CVD 2 가 .

6.5 , 4.5 ,

8 , 7.5 ,

2.5 , 3

가

가

가

(systolic blood pressure, SBP) 80

(diastolic blood pressure, DBP) 50, (5) 2

60 가 , ()

) . dihydropyridine calcium channel blockers
 가 ACE , ARB(
 ,) .
 70~80
 , 150
 (
)
 ()
 white -
 coat hypertension(白衣性) , 2. 가 (假性 高血壓, Pseudohypertension)
 stiffness가 가
 white - coat hypertension , brachial artery radial artery calcification
 (target organ da-
 mage) 가) cuff pressure가
 24 ambulatory BP monitoring(ABPM) .
 , 가
 가 가
 , 5%
 1. (Isolated Systolic Hypertension, ISH) sign , target organ damage(
 SBP 140 DBP가 (90) , ,)
 ,
 . Framingham study 65~ ,
 75% . (episodes of dizziness, syncope) 가
 ISH가 .
 SHEP study ISH
 ,
 risk가 27%, 36%, 55% .
 (3. (起立性 低血壓, Postural Hypotension)
 thiazides) , long - acting

Special Issue

가

1~3 ()

20mmHg

500~700ml JNC 7 1

thiazides

long - acting dihydropyridine calcium channel blockers가 ACEi ARB 1

baroreceptor sensitivity가

SHEP study

1 10.4% , 3 1.

12.0%

thiazides , loop ,

(potassium - sparing)

isometric exercise, EWPHE, STOP - Hypertension, SHEP trial

(sleep with head - up tilt), 가

MRC trial 가

4. 1 ,

(食後性 低血壓, Postprandial Hypotension)

30 가

1 20mmHg ,

Grodzick (1998) boembolism

16mmHg , 12mmHg Thiazides

가 24% 가 , digitalis

hypokalemia가 thiazides

()

insulin ,

amiloride, spironolactone

가

가

(BPH) 가 tachycardia
 BPH . Long - acting dihydropyridine CCB

2. (Beta Blockers, BB) . Nondihydropyridine CCB nega-
 tive inotropic effect가 ,
 (COPD),). AV node SA node
 (2, 3, A - V block), heart block
 . Nondihydropyridine CCB
 . Dihydro-
 pyridine CCB , , (cold extremities), , (bradycar-), ()
 dia), , Nondihydropyridine CCB , , AV block
 (lipid soluble) BB blood - brain barrier .
 Verapamil 가
 . BB .
 가

4. ACE
 (Angiotensin Converting Enzyme Inhibitors, ACEI)
 Angiotensin Converting Enzyme(ACE)
 Angiotensin I Angiotensin II
 , Angiotensin II Aldo-
 sterone . (systolic heart failure)
 (verapamil, diltiazem)가 . 가
 long - acting dihydropyridine . ACEi
 ,
 . Dihydropyridine CCB .
 , short - acting long - acting .
 . short - acting first - dose hypotension
 , reflex .

Special Issue ·

가

(30%) BB가, BPH - blocker, dyslipidemia
 가 , 가 가 , - blocker, BB long acting CCB,
 BB, ACEI가 .

. ACEI
 aspirin ACEI , (Ischemic Heart Disease)
 ACEI

가 . 5 2
 가 ACEI가 .

5. 가 가 .
 (Angiotensin II Receptor Blockers, ARB) 가

가 . Angiotensin , 가 , , , ,
 II가 ACE RAS , , .
 (Renin - angiotensin system) ACE 가 ,
 Angiotensin II가 Non - ACE pathway가 , ,
 . ACEI RAS Non - ACE path-
 way Angiotensin II 가 .
 ARB Angiotensin II가 receptor
 site(AT 1 receptor)

, aldosterone 가
 . ARB ACEI 가 ,
 , ACEI ,
 ACEI .
 hyper- 가 가
 kalemia가 .
 (diabetic nephropathy), microproteinuria가 (silent myocardial
 ARB가 ischemia)
 (renal artery stenosis) ARB . 50 7%
 , 70 36%
 가 .

, (wall tension) ,
 가 가
 가 specificity
 가 가 car-
 , LBBB, digitalis dioselective 1 가
 , non - selective 2
 가 , ,
 (lipid soluble) (propranolol)
 가 , blood - brain barrier
 가 ,
 (coronary angiography) (CCB)
 (variant angina)
 가
 가
 , dihydropyridine amlodipine, felodipine
 , (PCI) 가 , AV block nondihy-
 (CABG) dropy ridine
 (80 ~ 300mg/d)
 nitrates, , 가
 cyclooxygenase
 (ACEi)
 Nitrates ACE 가
 가 가
 (preload) ,
 (afterload) ,

(Percutaneous coronary intervention, PCI) 가 . PCI CABG가 (CABG) , , PCI CABG 50%가 , , PCI 65 , 33%가 70 가 . PCI . 1,829 BARI trial stent 70~80 , 65 30 CABG . PCI 1.1%, PCI 0.7% , 65 30 가 90% CABG 1.7%, PCI 1.7% CABG . PTCA() 6 PCI 가 , 5 30~40% , stent 10~15% , , CABG 91.5%, PCI 89.5% , drug eluting stent가 5% 65 CABG 85.7%, PCI 81.4% CABG가 PCI 5 . , 가 가 PCI CABG가 . , PCI CABG 가

(Coronary Artery Bypass Graft, CABG)

refractory angina PCI CABG 24% 가 , 17% , CABG 3% 가 . (MASS) 70 1~2%, 70 3~4% ,

(Acute Myocardial Infarction, AMI)

1~3% , , AMI CABG 가 , 가 가 . PAMI 20 PCI CABG PCI

, 가
 PCI 가 .
 .
 30 .
 . (Atrial fi-
 25% , brillation) . ()
 40% 가 . ,
 AMI 가 , , , ,
 , , , (), 가 ,
 , , .
 , (CK - MB, Troponin I, Troponin T, (가
 Myoglobin), , (Thallium) ,
 scan), CT, MRI, .

warfarin
 , PCI prothrombin time INR 2.0~2.5
 . INR 3.0
 , amiodarone
 AMI , warfarin
 , , warfarin .

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- (loop 가 thiazides
), ACE , (),
 digitalis, ARB .

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