

increased incidence of nausea and vomiting was during the first or second 24 hour period. In either case higher peak blood morphine concentrations would have been experienced by the infusion group, so this finding is not unexpected. We feel that this study has given a false impression of the technique of continuous opiate analgesia.

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**SIR,**—The study of Dr Hare Marshall and others (6 July, p. 19) produced an entirely predictable result, which is important because it exposes a flaw in the prophylactic use of opiate infusions for pain management.

Their result was predictable because acute tolerance does occur in this setting.<sup>1,2</sup> The intriguing feature of this acute tolerance is that the use of opiate in the absence of pain seems to lead to the development of tolerance.<sup>3</sup> This has implications for the use of opiate premedication and intravenous opiate given before surgery (both of which were used in the authors' study). The net result is that more drug must be given to achieve analgesia.

Just as in the management of chronic pain, the guiding philosophy must be to titrate dose to effect. In the non-ideal world of postoperative pain the Kolis-Royce method of such titration is demand analgesia.<sup>4</sup> This can be emulated in conventional intramuscular prescribing by providing for a greater range of dose size and dose interval.

Infusions which do not take account of changes in pain, be they intravenous infusions in postoperative pain or subcutaneous infusions in chronic pain, suffer from this potential flaw of drug effects which result from failure to titrate to effect. While proponents may claim superiority over other measures, this is a reflection on the poverty of the other measures rather than an inherent stamp of approval for the infusions. The potential problems of failure to titrate to effect, the development of tolerance to analgesic effect, and the emergence of side effects<sup>5</sup> mean that future developments for improving pain control with strong opiate analgesics must have this flexibility.

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**SIR,**—Dr Hare Marshall and others' aims in carrying out a controlled clinical trial of morphine analgesia (6 July, p. 19) are admirable, but they underestimated the difficulties of their task.

Firstly, they have not compared morphine infusion with intermittent intramuscular morphine; to do so would require those patients randomised

to receive active infusion to also receive placebo intramuscular injections, since the trial cannot be an unbiased comparison unless both groups receive apparently identical treatments, and this would be ethically questionable. What they have done is to compare a morphine infusion with a placebo infusion and measured the response with intramuscular morphine requirements.

Secondly, requirements for analgesia vary greatly among patients and in the same patient under different circumstances; merely restricting the study to patients who have had an elective cholecystectomy is not sufficient, and this also makes a controlled comparison extremely difficult. What is more, the authors have not used the infusion technique correctly. For the infusion to be effective pain must be completely abolished at its start, and it is doubtful whether this can be obtained in all patients with their standard two doses of 10 mg morphine. Indeed, this is what they found: I do not agree that the risk of respiratory depression makes an attempt at the total abolition of pain impossible.

Thirdly, one important reason for advocating the infusion technique is to overcome the problem of missed injections due to the difficulty of assessing analgesic requirements in a busy surgical ward. No clinical trial can ever assess this since we all behave differently when we know we are being observed.

Finally, the authors have not taken account of the type II error. As 89% of their patients achieved good analgesia in the control group (0 or 1 pain scores) it is not surprising that in this small group of patients the intravenous technique did not seem to improve on this. There may have been a significant difference between the doses of morphine injected in the two groups, but the actual dose administered is far less important than the comfort of the patient and the ease with which this comfort is obtained, as long as side effects are avoided.

Nevertheless, the hypothesis that the speed of development of morphine tolerance relates to the dose of morphine infused is important and certainly requires further examination.

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**SIR,**—We were disturbed to read the article by Dr H. Marshall and colleagues (6 July, p. 19), which was incorrectly described as a study of the use of continuous intravenous opiates to produce postoperative analgesia. The authors describe the administration of a fixed low dose of morphine that did not, and was presumably not expected to, provide adequate postoperative analgesia. In the abstract they then proceed to the unqualified inference "that continuous infusion of morphine may be an inferior regimen to intermittent bolus administration in the relief of postoperative pain."

There are several distressing points in the study. The use of a fixed dose regimen means that for most patients the dose must be inadequate if overdosage is to be avoided in the sensitive patient. Any regimen of postoperative analgesia must be tailored to the requirements of the patient. Automatic patient demand systems have been adopted, but the delivery systems are expensive. For the past five years we have used standard infusion controllers to administer pargaverone (1 mg/ml) at a rate that is adjusted by the nursing staff within the limits of 0 to 0.1 and (mg/kg). Our clinical experience with this regimen has borne out the numerous reports of the improved analgesia obtained when using continuous infusion of opiates to provide analgesia.

The study by Dr Marshall and others should have been entitled "The effects of an inadequate

infusion of morphine after operation: does tolerance develop?" The referees of the paper should have insisted on some discussion of why the results presented were so much at variance with clinical observation and previously published work, and should have suggested a rewording of the abstract to point out that the inference was drawn from a study in which the continuous infusion was not administered at a sufficient concentration to produce analgesia.

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## MRC trial of treatment of mild hypertension

**SIR,**—The findings of the MRC trial of the treatment of mild hypertension (13 July, p. 97) indicate the need for a different approach to the treatment of this large group of patients with mildly increased risk of coronary heart disease. It is concluded that the benefits of pharmacological treatments are outweighed by troublesome side effects. Fortunately, there are non-pharmacological ways of managing mild hypertension of proved effectiveness.

Several controlled studies have shown that relaxation training and stress management can lower blood pressure and these effects persist long after the patient ceases to be in active treatment.<sup>1</sup> A recent report has shown substantial reductions in blood pressure persisting four years after treatment, which were associated with a reduction of some aspects of coronary heart disease in the treated group.<sup>2</sup> The treatments are simple, cheap to deliver (particularly if offered to groups of patients), and do not usually produce negative side effects; indeed, they are often considered to be pleasant. They can also be combined with other behavioural approaches designed to alter diet, smoking, or physical fitness.

The MRC trial raises doubts about the value of clinical blood pressure measurements. Clinical blood pressure was evidently lowered without concomitant reductions in the incidence of coronary events. A growing body of evidence suggests that blood pressure recorded during everyday activities, particularly at work, indexes coronary risk more precisely than clinical measurements.<sup>3</sup> Prolonged episodes commonly follow exposure to behavioural stress, and these effects may relate to coronary risk.<sup>4</sup> In this respect, it is interesting that reductions in blood pressure during the working day have been observed after relaxation training in hypertensives.<sup>5</sup> These data suggest that relaxation training and stress management deserve wider consideration in treating mild hypertension.

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# Mild Hypertension An Account Of The Mrc Trial

**Richard Gorlin, George D.  
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Konstadoulakis**

## **Mild Hypertension An Account Of The Mrc Trial:**

**Current Cardiovascular Drugs** William H. Frishman, Angela Cheng-Lai, Julie Chen, 2013-06-29 The third edition of Current Cardiovascular Drugs is designed to provide an updated practical compendium of current knowledge regarding cardiovascular drug therapy in a concise easily readable format The book is organized into chapters by drug class and details the pharmacologic characteristics of specific treatment entities The clinical efficacy and limitations of the various drug therapies are discussed using supportive reference material from the most authoritative sources and published clinical trials

**Oxford Textbook of Medicine** David A. Warrell, 2003 The Oxford Textbook of Medicine provides all that any doctor needs to know to practice top level internal medicine It gives comprehensive coverage of the epidemiology aetiology and mechanism of disease as well as clear unambiguous coverage of the diagnosis practical management and prevention of the entire spectrum of medical disorders There are major introductory sections on the scientific basis of disease and in the system based clinical sections genetic predisposition pathophysiology pathogenesis molecular mechanisms and cell biology are covered in depth for all significant medical syndromes Clinical descriptions of diseases are clearly and memorably written based on the experience and insight of the authors many of whom are among the world's most distinguished medical scientists Chapters are not only evidence based but also on clinical experience and a thorough survey of all the relevant literature Throughout the approach of OTM is humane and ethical and at the same time factual reliable honest especially where knowledge is limited and rigorously scientific This is not just a textbook of First World medicine It provides practical guidance for doctors working in a variety of medical setting the value of a logical clinical approach rather than immediate resort to expensive imaging and laboratory tests Moore of the contributing authors than ever before are from outside Europe including strong representation of North American medicine The new editorial team has ensured that the OTM continues to reflect rapid changes in medical practice there are new sections on intensive care alcohol and drug abuse clinical pharmacology and therapeutics world health clinical trials and evidence based medicine adolescent medicine sports medicine and emergency medicine more than half the contributors are new for this edition and most of the text has been heavily revised The striking new page and cover design reflect the significant changes made in this new edition The Textbook is illustrated by over 2000 two color diagrams and many color Plates The index is the most detailed and user friendly of any major medical textbook in an emergency the reader can access information quickly whether on the ward in office or at home Like its predecessors OTM4 will be the trusted and ultimate reference in libraries hospitals doctors consulting rooms solicitors offices press offices and primary care practices worldwide

**The Heart in Hypertension** Michel Emile Safar, F. Fouad-Tarazi, 2012-12-06 Hypertension is the major cause of left ventricular hypertrophy While the electrocardiogram is an extremely insensitive measure of anatomic left ventricular hypertrophy it provides a time tested important marker of an adverse cardiovascular outcome There has been a recent temporal decrease in the incidence of electrocardiographic

evidence of LVH even within the hypertensive population no doubt this is the result of large antihypertensive treatment experts Anatomical evidence of left ventricular hypertrophy is best documented pre morbidly using echocardiographic techniques It therefore appears that between 20 and 50 percent of the hypertensive population has left ventricular hypertrophy by echocardiographic techniques The prognostic significance of the echocardiographically determined increase in left ventricular mass is just beginning to be evaluated Early information suggests that there is an increased rate of cardiovascular morbidity in patients with echocardiographic evidence of increased left ventricular mass However this information is only preliminary and as yet only a limited number of events have been reported Far more supporting information will be required before the full impact of echocardiographically detected left ventricular hypertrophy can be determined Nevertheless it must be stated that the electrocardiogram still has the greatest predictive value of cardiovascular morbid and mortal events when the pattern of left ventricular hypertrophy plus repolarization abnormalities are present

**Comparative Quantification of Health Risks: Sexual and reproductive health** Majid Ezzati, 2004 Over the centuries human health has improved because science has come to understand the main causes of disease affecting populations At the same time the broader policy relevant issue of population exposure to risks has remained under explored relative to documentation of established diseases This publication provides a comprehensive assessment of the scientific evidence on prevalence and the resulting health effects of a range of exposures that are known to be hazardous to human health

**Biological and Psychological Factors in Cardiovascular Disease** Thomas H. Schmidt, Theodore M. Dembroski, Gerhard Blümchen, 2012-12-06 An opening address should ask the right questions which we expect to answer during the coming years A good opening address should formulate hypotheses for falsification during the conference or in the near future Mr Dr Groen's excellent lecture yesterday I feel better about my task because I feel I am not alone in asking the ten questions in my abstract It is an honor for me to give this short paper largely based on my experiences during 15 years as medical director of a rehabilitation center in Bavaria as a teacher at two medical schools in Munich and Innsbruck and as an old fashioned holistic cardiologist However it also is a difficult task for me because the subject of this conference concerning biobehavioral factors in coronary heart disease is controversial not only in the medical society but in my own mind as well When I organized one of the first conferences on stress and coronary heart disease in West Germany in 1976 followed by conferences in 1979 and 1980 the semantic problems between physicians and psychologists were very significant However communication has improved in this area during the last decade The most encouraging event in this field was a symposium in May 1984 in Rotenburg Fulda on the topic Return to Work after Bypass Surgery organized by a cardiac surgeon Dr Walter

**Women and Heart Disease** Desmond Julian, Nanette Wenger, 1997-04-16 This is a groundbreaking book which explains the important clinical and surgical aspects of the diagnosis and treatment of heart disease in women and seeks to improve the understanding of the difference gender makes to both the presentation of heart disease and the disease

itself     **Tresch and Aronow's Cardiovascular Disease in the Elderly** Wilbert S. Aronow, Jerome L. Fleg, Michael W. Rich, 2019-02-06 With an exponential growth in the number of older adults understanding the common disorders of the elderly patient requiring cardiac care is becoming increasingly important Incorporating recent advances in the field Tresch and Aronow's Cardiovascular Disease in the Elderly 6th Edition has been completely revised and updated to provide cardiologists primary care physicians geriatricians and other clinicians caring for the elderly a comprehensive and accessible overview of the epidemiology pathophysiology and treatment of cardiovascular disorders in older patients

**Contemporary Concepts in Cardiology** Richard Gorlin, George D. Dangas, Pavlos K. Toutouzas, M.M. Konstadoulakis, 2012-12-06 In the era of instant global communication medicine is an international discipline characterized by a wide range of patient referral systems world wide discussion of clinical and research findings and an explosion in the medical literature Perhaps no field has progressed more than cardiology in the past few years Contemporary Concepts in Cardiology has been conceived as a supplement to the classic cardiology textbooks for the use of practicing physicians cardiologists in training medical students and research investigators This volume focuses on associations between refinements in the understanding of disease and clinical applications The material is presented in a way that limns the latest advances and focuses thinking towards future developments in cardiology The Editors have assembled a respected international panel of contributors so that each chapter is authored by a well known specialist in his or her field Every attempt was made to avoid the fragmentation which often characterizes the digest approach Because the constant flow of information makes it nearly impossible to construct a timely book on advances in cardiology the chapters in this volume describe the current concepts in cardiology and their underlying rationale rather than attempting a comprehensive review of the most recent papers in each discipline     **Cardiovascular Disease** A.R. Lorimer, William Stewart Williams, 2012-12-06

Cardiovascular Disease is the fourth monograph in the series on management and treatment in major clinical sub specialties or patient groups Each book is complete in its own right and has been prepared by practising physicians with specialist experience and a particular interest in treatment and management The series has been prepared to fill a gap between standard textbooks of medicine and therapeutics and research reviews symposia and original articles in specialist fields The volumes aim to give authoritative up to date advice on treatment and management which will be of use to both specialists and non specialists and allow recent advances and developments to be seen in the context of contemporary clinical practice The first three volumes dealt respectively with gastroin testinal diseases rheumatic diseases and treatment in the elderly Cardiovascular disease covers the range of common diseases affect ing the heart and the circulation In view of the importance of coronary heart disease as a cause of death and morbidity a substan tial part of the book is devoted to description of the factors asso ciated with coronary artery disease hyperlipidaemia and hypertension and their management by drug and non drug means A further five chapters are devoted to the clinical syndromes asso ciated with coronary heart

disease and their management These not only consider acute in hospital management including surgery but also address epidemiological questions including approaches to secondary prevention of myocardial infarction

**National Library of Medicine Current Catalog** National Library of Medicine (U.S.),1987

**Pharmacology of Antihypertensive Therapeutics** Detlev Ganten,Patrick J. Mulrow,2012-12-06 The previous volume on Antihypertensive Agents in the Handbook of Experimental Pharmacology published in 1977 was edited by the late Franz Gross from the Department of Pharmacology in Heidelberg who was one of the grand old men in hypertension research Now more than 10 years later it is necessary to update this volume From the early days of antihypertensive drug treatment starting about 30 years ago with drugs such as reserpine and guanethidine the pharmacology of cardiovascular therapy has evolved into a highly sophisticated and effective therapeutic regimen The major breakthroughs in the 1960s were the introduction of diuretics and beta blockers Then in the 1980s came the calcium antagonists and converting enzyme inhibitors It can be anticipated that the next decade will see a further expansion and sophistication of blood pressure lowering drugs This book provides a state of the art discussion of chemical experimental and clinical pharmacological data as well as of practical experience with drugs which are presently being used or which are going to be introduced on the market in the near future The purpose of this volume is to provide a complete discussion of antihypertensive agents Each major class of antihypertensive drugs is treated exhaustively in a separate chapter fully referenced with chemical formulae and richly illustrated with figures and tables International authorities were asked to contribute in their respective fields of expertise

**Special Issues in Hypertension** Adel E. Berbari,Giuseppe Mancia,2012-12-22 This book is not intended as a full detailed report on hypertension and related disorders but instead focuses on particular issues in hypertension It looks at emerging recently described forms of hypertension that are frequently encountered in clinical practice prehypertension white coat and masked hypertension hypertension in the elderly and discusses novel aspects of target organ disease for example cognitive impairment dementia and sexual dysfunction and changing concepts in the management of hypertension and antihypertensive pharmacotherapy It also looks at specific topics that are rarely discussed in books including hypertension control in postmenopausal women on hormonal replacement therapy Ramadan fasting painful inflammatory disorders and aldosterone escape Finally it examines newer cardiovascular risk factors for example uric acid circadian blood pressure changes blood pressure variability

*Quality of Care for Women* Elizabeth A. McGlynn,2000 A guide to indicators for care of women Each chapter summarizes the results of the literature review for a particular condition provides recommended indicators based on that review and lists the cited studies Clinical conditions range from acne and asthma to depression and prenatal care

**Mild Hypertension** M. Weber,C.J. Mathias,2012-12-06 There is clear evidence that in severe hypertension lowering blood pressure by drug therapy decreases the incidence of major cardiovascular events Recent studies suggest that such benefit may also extend to patients with mild to moderate hypertension The putative benefits of drugs may be offset however by their adverse effects and a

prime example is the increased incidence of impotence and metabolic disorders in patients on thiazide diuretics. There is therefore a real need to look further into the therapy of patients with mild to moderate hypertension. The ideal drug in such patients would oppose the basic mechanisms responsible for the elevation in blood pressure, would prevent counter-regulatory responses and would have minimal side effects in both the short term and the long term, the latter being of particular importance to younger patients. These aspects were considered at the symposium 'Mild hypertension: Current controversies and new approaches' held at Titisee in West Germany, October 13-15, 1983. The foundation for discussion was set with an exposition of the neural and hormonal regulation of blood pressure in normal man, followed by a consideration of the possible pathophysiological mechanisms involved in patients with hypertension. Particular attention was focused on the central nervous system and on effects governed by activity of the peripheral nervous system, as these may well provide further opportunities for logical therapeutic intervention in clinical hypertension. The current management of mild to moderate hypertension was then reviewed.

**Making Choices in Health** World Health Organization, 2003. The Guide in Part I begins with a brief description of generalized CEA and how it relates to the two questions raised above. It then considers issues relating to study design, estimating costs, assessing health effects, discounting uncertainty, and sensitivity analysis, and reporting results. Detailed discussions of selected technical issues and applications are provided in a series of background papers originally published in journals but included in this book for easy reference in Part II, from the back cover.

**Quality of Care for Cardiopulmonary Conditions** Elizabeth A. McGlynn, 2000. This report is one of five volumes providing detailed information on the QA Tools. RAND's comprehensive clinically based system for assessing quality of care for children and adults. The QA Tools indicators encompass screening, diagnosis, treatment, and follow up in 46 clinical areas and cover a variety of modes of providing care, including history, physical examination, laboratory study, medication, and other interventions and contacts. Development of each indicator was based on the ratings of a panel of experts in the relevant fields and on a focused review of the scientific literature, which is clearly documented for each clinical condition. This volume focuses on indicators for care of cardiopulmonary conditions. Each chapter summarizes the results of the literature review for a particular condition, provides RAND staff's recommended indicators based on that review, and notes the level of scientific evidence supporting each indicator, along with the relevant citations. In addition, this work details the process by which the expert panel evaluated the indicators and the final disposition of each indicator. Clinical conditions covered in this volume are: Asthma, atrial fibrillation, cerebrovascular disease, chronic obstructive pulmonary disease, cigarette counseling, community-acquired pneumonia, coronary artery disease, heart failure, hyperlipidemia, hypertension, upper respiratory infections. Other RAND Health titles on the QA Tools system focus on indicators for general medicine, oncology, and HIV, children and adolescents, and women.

Manual of Hypertension of the European Society of Hypertension Giuseppe Mancia, Guido Grassi, 2014-06-22. Despite recent advances in healthcare, hypertension is a leading cause of death and remains a disease

burden worldwide Now in its second edition the Manual of Hypertension of the European Society of Hypertension reflects emerging concepts that have the potential to impact diagnostic and therapeutic approaches to this condition Updating all mater **Randomised Controlled Clinical Trials** Christopher J. Bulpitt, 2012-12-06 After 13 years there are new areas to discuss and more recent trials to be included Good clinical practice evaluation of quality of life measurement of the benefit risk comparison determination of cost effectiveness and cost utility stopping rules for trials meta analysis and subgroup analysis are all new sections The references are expanded from 305 to 512 and include the recent advances in trial design such as the n of 1 trials and megatrials and up to date examples to illustrate the points made in the 20 chapters

Peripheral Vascular Disease George S. Abela, 2004 Abela cardiology Michigan State University provides guidelines for recognizing and treating all types of peripheral vascular disease PVD combining a multidisciplinary perspective with information on the latest developments Early chapters cover anatomy etiology and symptoms and later chapters detail treatment with drugs exercise and anticoagulants Diagnostic chapters describe various methods for testing and imaging and surgical chapters outline pre and post operative management and look at stent grafts for various conditions Final chapters describe technical training requirements for practice and credentialing and address billing and coding issues B w medical images and surgical photos are included Annotation 2004 Book News Inc Portland OR booknews com source inconnue  
*Coronary Heart Disease in Women* ,1987



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