

Summary and Conclusion

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That work has been carried out on 40 patients presenting by hypertension , then by 24-h. Ambulatory Blood Monitoring we discover those with sustained high blood pressure above 140/90 mmHg and those with white- coat hypertension , each group include 20 patients.

It aims to evaluate the impact of white- coat hypertension on the target organs in order to determine if this type hypertension is a really benign phenomenon or not?

In our study we found that:

There were a statistically insignificant difference between both groups regarding , sex distribution , smoking habits , family history of hypertension, clinic systolic B.P., clinic and night time ambulatory heart rate, left ventricular hypertrophy on E.C.G., S.W.T., P.W.T., E/A ratio ,serum uric acid level, presence of complications of hypertension as retinopathy ,C.V. Stroke , infarctions , unstable angina , renal impairment.

There were a statistically significant difference between both groups regarding, age distribution, obesity, postmenopausal condition , diabetes mellitus , clinic diastolic B.P., home systolic and diastolic B.P.,24-h. ambulatory B.P. (systolic and diastolic), day time systolic and diastolic B.P., night time systolic and diastolic B.P., clinic H.R., 24-h. ambulatory H.R., day time H.R., L.V.M.I., EF% , E.S.D., E.D.D., serum. creatinine , cholesterol, triglyceride , fasting blood sugar, and microalbuminuria.

So , we conclude that :

- The phenomenon of White Coat Hypertension was found to be more frequent among younger age and females.
 - This phenomenon was found to be not a benign phenomenon and has many complications on target organs as L.V.H. and diastolic dysfunction and retinopathy .
 - Regarding , treatment further studies must be done to show the effect of non- pharmacological and pharmacological treatment on W.C.H. cases.
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