

Hypertension

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Condition

High blood pressure.

Individual at risk

Donor

Guidance at RECRUITMENT

ACCEPTABLE

Guidance at CT/WORK-UP

ACCEPTABLE if well controlled. However, the presence of other cardiovascular risk factors should also be considered.

A threshold should be set by the registry for upper limits of systolic and diastolic blood pressure.

If above this threshold, the donor should be temporarily deferred until the hypertension is controlled. If medication is initiated or recently changed (< 4 weeks), or if hypertension is under investigation, the donor should also be temporarily deferred.

Number or types of drugs should not influence deferral if blood pressure is well controlled.

Justification for guidance

Uncontrolled hypertension increases the risk of heart failure, myocardial infarction, stroke, and kidney damage.

References

Carretero OA, Oparil S. Essential hypertension. Part I: definition and etiology. Circulation 2000; 101(3): 329-35.