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Foreword

Update on hypertension, its genetics, epidemiology, mechanisms, clinical approaches and novel treatments

Ernesto L Schiffrin & Rhian M Touyz

In spite of significant progress in our knowledge of mechanisms that control blood pressure, our understanding of the pathogenesis of hypertension, its genetics, new antihypertensive agents, and community and population efforts to control blood pressure, hypertension is still today the number one risk factor for cardiovascular disease and mortality. Hypertension affects the patient's quality of life as a result of stroke, myocardial infarction, heart failure and chronic kidney disease. Hypertension is also a cause of huge cost to the healthcare system. Despite the money spent on research in the field, as well as investigation and attempts to control patients' blood pressure, the number of subjects with hypertension, particularly uncontrolled hypertension, remains very high and is rising in many countries, in particular among low- and middle-income countries. In most patients, no cause can be identified, that is, they suffer from primary hypertension.

In this volume, we have assembled a group of leading investigators in basic, clinical, epidemiological and population science of hypertension. Each has provided an evidence-based, albeit personal view, of salient aspects of blood pressure regulation, mechanisms, diagnosis and treatment, all within a limited number of pages to make this a useful and easy to 'digest', but at the same time, a learned source of the latest science in the field.

We hope that this book on hypertension will be useful for readers to understand recent developments in the field, and that it will provide practical

knowledge to those involved in research, teaching and care delivery to patients with high blood pressure.

Financial & competing interests disclosure

Work from EL Schiffrin's laboratory was supported by CIHR grants 13570, 37917, 82790 and 102606, a Canada Research Chair on Hypertension and Vascular Research from the CRC/CIHR Program of the Government of Canada and a Canada Fund for Innovation grant. Work from RM Touyz's laboratory was supported by grants 44018 and 57886, both from the Canadian Institutes of Health Research and from the Heart and Stroke Foundation of Canada. The authors have no other relevant affiliations or financial involvement with any organization or entity with a financial interest in or financial conflict with the subject matter or materials discussed in the manuscript apart from those disclosed.

No writing assistance was utilized in the production of this manuscript.