

REFERENCES

1. Angeli F, Verdecchia P, Gattobigio R, et al (2005): White-coat hypertension in adults. *Blood Press Monit*; 10:301–305.
2. Appel LJ, Stason WB (1993) : Ambulatory blood pressure monitoring and blood pressure self-measurement in the diagnosis and management of hypertension. *Ann Intern Med* ; 118:867–882.
3. Armstrong B, van Merwyk AJ, Coates H (1977): Blood pressure in Seventh-day Adventist vegetarians. *Am J Epidemiol* ; 105: 444–449.
4. Asayama K, Ohkubo T, Kikuya M et al (2006) : Prediction of stroke by home “morning” versus “evening” blood pressure values: the Ohasama Study. *Hypertension* ; 48: 737–743.
5. Ballermann BJ, Stan RV (2007): Resolved capillary endothelium is a major contributor to the glomerular filtration barrier . *J Am Soc Nephrol* 18:2432-38.
6. Bavikatti VV, Sperling LS, Salmon RD, et al (2008): Effect of comprehensive therapeutic life style changes on prehypertension. *Am J Cardiol* 102: 1677-1680
7. Beevers G, Lip GHY (2001) : ABC of hypertension. Part III. Automated sphygmomanometry: ambulatory blood pressure measurement. *BMJ* ; 322:1110–1114.

8. Berg AO, Atkins D (2003): Screening for high blood pressure: recommendation and rationale. *Am J Prev Med*; 25:159-164.
9. Bianchi S., Bigazzi R. & Campese VM et al (1999) : Microalbuminuria in essential hypertension: significance, pathophysiology, and therapeutic implications. *Am. J. Kidney Dis.* 34, 973–995.
10. Blair A, Shaul PW, Yuhanna IS et al (1999): Oxidized low density lipoprotein displaces endothelial nitric-oxide synthase (eNOS) from plasmalemmal caveolae and impairs eNOS activation. *J Biol Chem* 274:32512–32519.
11. Bobrie G, Chatellier G, Genes N, et al (2004) : Cardiovascular prognosis of "masked hypertension" detected by blood pressure self-measurement in elderly treated hypertensive patients. *JAMA* ;291:1342- 49.
12. Brands MW, Daniels SR, Karanja N et al (2006) : American Heart Association. Dietary approaches to prevent and treat hypertension: a scientific statement from the American Heart Association. *Hypertension* ;47:296–308.
13. Bray GA, Vollmer WM, Sacks FM et al (2004): for the DASH Collaborative Research Group. A further subgroup analysis of the effects of the DASH diet and three dietary sodium levels on blood pressure: results of the DASH-Sodium Trial. *Am J Cardiol*; 94: 222–227.

14. Brown MA, Whitworth JA (1992): Hypertension in human renal disease. . *Hypertens* 10:701-12.
15. Byttebier G, Buntinx F (1997) : for the Ambulatory Blood Pressure Monitoring and Treatment of Hypertension Investigators. Antihypertensive treatment based on conventional or ambulatory blood pressure measurement. A randomized controlled trial. *JAMA* ; 278:1065–1072.
16. Cappuccio FP, Elliott P, Allender PS et al (1995). Epidemiologic association between dietary calcium intake and blood pressure: a meta-analysis of published data. *Am J Epidemiol*; 142: 935–945.
17. Carney S, Gillies A, Garvey L et al (2005) : Direct comparison of repeated same-day self and ambulatory blood pressure monitoring. *Nephrology* ; 10:151–6.
18. Chiu YH, Wu SC, Tseng CD, Yen MF et al (2006): Progression of pre-hypertension, stage 1 and 2 hypertension (JNC 7): a population-based study in Keelung, Taiwan (Keelung Community-based Integrated Screening No. 9. *J Hypertens*; 24:821-8.
19. Chobanian AV, Bakris GL, Black HR, et al(2003): National High Blood Pressure Education Program Coordinating Committee. The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure: the JNC 7 report. *JAMA*.;289:2560-2572.

20. Choi KM, Park HS, Han JH et al (2006): Prevalence of prehypertension and hypertension in a Korean population: Korean National Health and Nutrition Survey 2001. *J Hypertens* 24:1515-1521.
21. Chrysohoou C, Pitsavos C, Panagiotakos D B et al (2004): “Association between prehypertension status and inflammatory markers related to atherosclerotic disease: the ATTICA Study,” *American Journal of Hypertension*, vol. 17, no. 7, pp. 568–573.
22. Coats A, Owens P et al (2000) : Use and interpretation of ambulatory blood pressure monitoring: recommendations of the British Hypertension Society. *BMJ* ; 320:1128–1134.
23. Cooper L, Cai J (1997) : The prevalence and severity of white matter lesions, their relationship with age, ethnicity, gender, and cardiovascular disease risk factors: the ARIC Study. *Neuroepidemiology* ; 16:149-162.
24. Cornelissen VA, Fagard RH (2005) : Effects of endurance training on blood pressure, pressure regulating mechanisms, and cardiovascular risk factors. *Hypertension* ; 46: 667-675.
25. Crews DC, Plantinga LC, Miller ER et al (2010) : Prevalence of chronic kidney disease in persons with undiagnosed or prehypertension in the United States. *Hypertension* ;55(5):1102-1109.

26. Cutler JA, Follman D, Allender PS et al (1997): Randomized trials of sodium reduction: an overview. *Am J Clin Nutr.* 65: 643–651.
27. Damsgaard EM, Forland A, Jorgensen OD (1990): Microalbuminuria as predictor of increased mortality in elderly people. *BMJ* 300:297-300.
28. Danaei G, Lawes CMM, Vander Hoorn S et al (2006) : Global and regional mortality from ischaemic heart disease and stroke attributable to higher than-optimum blood glucose concentration: comparative risk assessment. *Lancet* ; 368:1651-1659.
29. David DS, Grieco MH, Cushman P et al (1988) : Adrenal glucocorticoids after twenty years-a review of their clinically relevant consequences. *J Chron Dis* ;22:637–711.
30. Dorigatti F, Roman E, Gioinazzo P et al (1998) : White-coat hypertension. A selection bias? *J Hypertens* ; 16:977–984.
31. De Marco M, de Simone G, Roman MJ et al (2009): Cardiovascular and metabolic predictors of progression of prehypertension into hypertension: the Strong Heart Study. *Hypertension* 2009;54(5):974–80.
32. Dickinson HO, Mason JM, Nicolson DJ et al (2006) : Lifestyle interventions to reduce raised blood pressure: a systematic review of randomized controlled trials. *J Hypertens* ;24:215-33.

33. Dluhy RG, Williams RH (1998):Endocrine hypertension. In: Williams RH, Wilson JD, eds. Williams Textbook of endocrinology. 9th ed. Philadelphia: Saunders: 729–49.
34. Duprez DA (2006) : Role of the renin-angiotensin-aldosterone system in vascular remodeling and inflammation: a clinical review. *J Hypertens* ; 24: 983– 991.
35. Edmonds D, Foerster EG, Greminger P et al (1985) : Does self-measurement of blood pressure improve patient compliance in hypertension? *J Hypertens* 1985; 3 (suppl 1):31–34
36. Elliot WJ, Meyer PM (2007): Incident diabetes in clinical trials of antihypertensive drugs: a network meta-analysis. *Lancet*; 369: 201– 207
37. Erbel R, Lehmann N, Mohlenkamp S, et al (2012): Subclinical Coronary Atherosclerosis Predicts Cardiovascular Risk in Different Stages of Hypertension: Result of the Heinz Nixdorf Recall Study. *Hypertension* ;59(1):44-53.
38. Ezzati M, Lopez AD, Rodgers A (2002) : Selected major risk factors and global and regional burden of disease. *Lancet* ; 360:1347-1360.
39. Fagard RH (2001) : Exercise characteristics and blood pressure response to dynamic physical training. *Med Sci Sports Exerc* ; 33: 484-492.

40. Ferrara LA, Raimondi AS, d'Episcopo L et al (2000): Olive oil and reduced need for antihypertensive medications. *Arch Intern Med*; 160: 837–842.
41. Fields LE, Burt VL, Cutler JA, Hughes J, et al (2004): The burden of adult hypertension in the United States 1999 to 2000: a rising tide. *Hypertension*; 44:398-404. 23.
42. Fitzgerald PA (2001): Endocrinology. In: Tierney LM, ed. *Current medical diagnosis and treatment*, 2001. 40th ed. New York: Lange/McGraw-Hill : 1088–160.
43. Ford ES, Giles WH, Dietz WH (2002): Prevalence of the metabolic syndrome among US adults: findings from the Third National Health and Nutrition Examination Survey. *JAMA*; 287: 356– 359.
44. Forman JP, Fisher ND, Schopick EL et al (2008): Higher levels of albuminuria within the normal range predict incident hypertension. *J Am Soc Nephrol* 19:1983–1988.
45. Fuchs FD (2010) : “Prehypertension: the rationale for early drug therapy,” *Cardiovascular Therapeutics*, vol. 28, no. 6, pp. 339–343.
46. Gallay BJ, Ahmad S, Xu L, et al(2001): Screening for primary aldosteronism without discontinuing hypertensive medications: plasma aldosteronerenin ratio. *Am J Kidney Dis*; 37:699–705.

47. Garg JP, Bakris GL (2002): Microalbuminuria: Marker of vascular dysfunction, risk factor for cardiovascular disease. *Vasc Med* 7: 35–43.
48. Geleijnse JM, Kok FJ, Grobbee DE (2003): Blood pressure response to changes in sodium and potassium intake: a metaregression analysis of randomised trials. *J Hum Hypertens*; 17: 471–480.
49. Giltay EJ, Grobbee DE (2002): Blood pressure response to fish oil supplementation: metaregression analysis of randomized trials. *J Hypertens*; 20: 1493–1499.
50. Giles TD, Berk BC, Black HR, et al (2005): Expanding the definition and classification of hypertension. *J Clin Hypertens*;7:505–512.
51. Giovannucci E, Holmes MD (2007) : "Plasma 25-hydroxyvitamin D levels and risk of incident hypertension". *Hypertension* 49 (5): 1063–9.
52. G Parati , G S Stergiou , R Asmar et al (2010) : European Society of Hypertension Practice Guidelines for home blood pressure monitoring ; *Journal of Human Hypertension* 24, 779-785
53. Grant FD, Romero JR, Jeunemaitre X et al(2002): Low-renin hypertension, altered sodium homeostasis, and an alpha-adducin polymorphism. *Hypertension*; 39: 191–196.

54. Grassi G, Seravalle G, Cattaneo BM, et al(1995). Sympathetic activation in obese normotensive subjects. *Hypertension* 2:560–563.
55. Greenlund KJ, Croft JB, Mensah GA (2004): Prevalence of heart disease and stroke risk factors in persons with prehypertension in the United States, 1999-2000. *Arch Intern M*;164:2113-2118.
56. Griffith LE, Guyatt GH, Cook RJ et al (1999): The influence of dietary and nondietary calcium supplementation on blood pressure: an updated metaanalysis of randomized controlled trials. *Am J Hypertens*; 12: 84–92.
57. Gropelli A, Giorgi DM, Omboni S, et al (1992): Persistent blood pressure increase induced by heavy smoking. *J Hypertens* 10:495.
58. Grotto I, Grossman E, Huerta M et al (2006): Prevalence of prehypertension and associated cardiovascular risk profiles among young Israeli adults. *Hypertension*; 48: 254– 259
59. Gudbjo S, Elam M, Sellgren J, et al (1996): Insulin increases forearm vascular resistance in obese, insulin-resistant hypertensives. *J Hypertens* 14: 91–97
60. Haffner SM, Ferrannini E, Hazuda HP et al (1992): Clustering of cardiovascular risk factors in confirmed prehypertensives individuals. *Hypertension*: 20: 38–45.

61. Halperin RO, Sesso HD, Buring JE et al(2006): Dyslipidemia and the risk of incident hypertension in men. *Hypertension*; 47: 45–50.
62. Harburg E, Ozgoren F, Hawthorne VM, et al (1980): Community norms of alcohol usage and blood pressure:Tecumseh, Mich. *Am J Public Health* 70(8):813-820
63. Heenkins CH (1998) : Lessons from Hypertension Trials. *Amer J of Med* ;104 (6):50-53.
64. He J, Cutler JA (1997) : Effects of oral potassium on blood pressure. Meta-analysis of randomized controlled clinical trials. *JAMA* ;277:1624-1632
65. Hsu CY, McCulloch CE, Darbinian J et al (2005). Elevated blood pressure and risk of end-stage renal disease in subjects without baseline kidney disease. *Arch Intern Med*; 165: 923–928.
66. Huang Z, Willett WC, Manson JE et al (1998): Body weight, weight change, and risk for hypertension in women. *Ann Intern Med*. 1998; 128: 81–88.
67. Imai Y, Ohkubo T, Hozawa A et al (2001) : Usefulness of home blood pressure measurements in assessing the effect of treatment in a single-blind placebo-controlled trial. *J Hypertens* 2001; 19:179–185.

68. Izzo JL (2004) : Mechanisms and management of hypertensive heart disease: from left ventricular hypertrophy to heart failure. *Med Clin North Am* ;88:1257.
69. Jatoi NA, Jerrard-Dunne P, Feely J, et al (2007): Impact of smoking and smoking cessation on arterial stiffness and aortic wave reflection in hypertension. *Hypertension* 49:981.
70. Jimenez-Corona A, Lopez-Ridaura R, Stern MP et al(2007). Risk of progression to hypertension in a low-income Mexican population with prehypertension and normal blood pressure. *Am J Hypertens* ;20(9):929–36.
71. John PF, Naomi DL, Emily LS (2008): Higher levels of albuminuria within the normal range predict incident hypertension. *J Am Soc Nephrol* 19: 1983–88.
72. Julius S (2006): Feasibility of treating prehypertension with an angiotensin-receptor blocker. *N. Engl. J. Med.* 354, 1685–1697.
73. J. Yang, F. Lu, C. Zhang et al (2010): Prevalence of prehypertension and hypertension in a Chinese rural area from 1991 to 2007, *Hypertension Research*, vol. 33, no. 4, pp. 331–337.
74. Kanellis J, Watanabe S, Li JH et al (2003): Uric acid stimulates monocyte chemoattractant protein-1 production in vascular smooth muscle cells via mitogen-activated protein kinase and cyclooxygenase-2. *Hypertension*; 41: 1287–1293.

75. Kaplan NM (1998): Other forms of secondary hypertension. In: Kaplan NM, Lieberman E, eds. *Clinical hypertension*. 7th ed. Baltimore: Williams & Wilkins: 395–406.
76. Karanja N M, Obarzanek E, Lin P H et al (1999) : “Descriptive characteristics of the dietary patterns used in the Dietary Approaches to Stop Hypertension trial,” *Journal of the American Dietetic Association*, vol. 99, supplement 8, 19–27.
77. Kearney PM, Whelton M, Reynolds K et al (2005): "Global burden of hypertension: analysis of worldwide data". *Lancet* 365 (9455): 217–23.
78. Keller G, Zimmer G, Mall G (2003): Nephron number patients with primary hypertension. *N Engl J Med* 348: 101–108.
79. Kelm M (1990) : Control of coronary vascular tone by nitric oxide. *Circ Res* ; 106:1561- 1575.
80. Kikuya M, Hansen TW, Thijs L, et al (2007) : Diagnostic thresholds for ambulatory blood pressure monitoring based on 10-year cardiovascular risk. *Circulation* ;115:2145-52.
81. Kim BJ, Lee HJ, Sung KC et al (2007): Comparison of microalbuminuria in 2 blood pressure categories of prehypertensive subjects. *Circ J* 71:1283–1287.
82. Kimura Y, Tomiyama H, Nishikawa E, et al (1999): Characteristics of cardiovascular morphology and function in

- the high-normal subset of hypertension defined by JNC-VI recommendations. *Hypertens Res.* 22: 291–298.
83. Klatsky AL, Friedman GD, Siegelaub AB et al(1977): Alcohol consumption and blood pressure Kaiser-Permanente Multiphasic Health Examination data. *N Engl J Med*; 296: 1194–1200.
84. Klausen KP, Scharling H, Jensen G (2005): New definition of microalbuminuria in hypertensive subjects: Association with incident coronary heart disease and death. *Hypertension* 46:33–37.
85. Knight EL, Kramer HM, Curhan GC et al (2005) : High-normal blood pressure and microalbuminuria. *Am J Kidney Dis.* 41: 588–595.
86. Knight SF, Imig JD (2007):Obesity, insulin resistance, and renal function. *Microcirculation*; 14: 349–362.
87. Koren MJ, Devereux RB, Casale PN, et al (1991): Relation of left ventricular mass and geometry to morbidity and mortality in men and women with essential hypertension. *Ann Intern Med.* 114:345-352
88. Kostis JB, Wilson AC, Hooper WC et al (2002):for the TONE Cooperative Research Group. Trial of Nonpharmacologic Interventions in the Elderly: association of angiotensin-converting enzyme DD genotype with blood pressure sensitivity to weight loss. *Am Heart J* ; 144: 625–629.

89. Kshirsagar A V, Carpenter M, Bang H et al (2006): “Blood pressure usually considered normal is associated with an elevated risk of cardiovascular disease, ” *American Journal of Medicine*, vol. 119, no. 2, pp. 133–141.
90. Lane JD, Adcock RA, Williams RB et al (1990) : Caffeine effects on cardiovascular and neuroendocrine responses to acute psychosocial stress and their relationship to level of habitual caffeine consumption. *Psychosom Med* ;52:320-336.
91. Lawes CM, Van der Hoorn S, Rodgers A (2008): for the International Society of Hypertension. Global burden of blood-pressure-related disease. *Lancet*; 371: 1515– 1518
92. Lee JE, Kim YG, Choi Y H, et al (2006): Serum uric acid is associated with microalbuminuria in prehypertension. *Hypertension* 47: 962-967.
93. Leibowitz A, Grossman E (2009): How to define prehypertension in diabetes/metabolic syndrome. *Diabetes Care* 32 (Suppl.2): 275–279.
94. Leitschuh M, Cupples LA, Kannel W et al (1991): High normal blood pressure progression to hypertension in the Framingham Heart Study. *Hypertension*, 17:22-27.
95. Lenders JW, Pacak K, Walther MM et al (2002) : Biochemical diagnosis of pheochromocytoma: which test is best?. *JAMA* ;187:1427–34.

96. Le Pailleur C, Helft G, Landais P et al (1998) :The effects of talking, reading, and silence on the “white coat” phenomenon in hypertensive patients. *Am J Hypertens* ; 11:203–207.
97. Leung PS (2007): Mechanisms of protective effects induced by blockade of the renin-angiotensin system: novel role of the pancreatic islet angiotensin-generating system in type 2 diabetes. *Diabetes Med*; 24: 110– 116.
98. Levey AS , Coresh J , Balk E (2002). Clinical practice. Nondiabetic kidney disease. *N Engl J Med.*;347:1505-11.
99. Lewington S, Clarke R, Qizilbash N, et al(2002): Age-specific relevance of usual blood pressure to vascular mortality, a meta-analysis of individual data for one million adults in 61 prospective studies. *Lancet* 360, 1903–1913.
- 100.Liao D, Arnett DK, Tyroler HA et al(1999): Arterial stiffness and the development of hypertension. The ARIC study. *Hypertension*; 34:201–206.
- 101.Lifton RP, Wilson FH, Choate KA et al (2002): Salt and blood pressure: new insight from human genetic studies. *Cold Spring Harb Symp Quant Biol* ; 67: 445–450.
- 102.Lloyd-Jones D, Adams RJ, Brown TM, et al (2010): Heart Disease and Stroke Statistics-2010 Update. A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation*. 2010;121:e1-e170.

- 103.Luders S (2008): The PHARAO study: prevention of hypertension with the angiotensin-converting enzyme inhibitor ramipril in patients with high-normal blood pressure: a prospective, randomized, controlled prevention trial of the German Hypertension League. *J. Hypertens.* 26, 1487–1496.
- 104.Luft FC (2004) : Hypertensive nephrosclerosis: *Curr Opin Nephrol Hypertens* ;13:147.
- 105.MacGregor GA, Markandu ND, Sagnella GA et al (1989) : Double-blind study of three sodium intakes and long-term effects of sodium restriction in essential hypertension. *Lancet* ;2:1244–7.
- 106.Mainous AG III, Everett CJ, Liszka H, et al(2004): Prehypertension and mortality in a nationally representative cohort. *Am J Cardiol*; 94: 1496–1500.
- 107.Mancia G, De Backer G, Dominiczak A, et al (2007): Management of Arterial Hypertension of the European Society of Hypertension; European Society of Cardiology: 2007 Guidelines for the Management of Arterial Hypertension: The Task Force for the Management of Arterial Hypertension of the European Society of Hypertension (ESH) and of the European Society of Cardiology (ESC). *J Hypertens*; 25: 1105– 1187.
- 108.Manios, E (2009): Impact of prehypertension on common carotid artery intima-media thickness and left ventricular mass. *Stroke* 40, 1515–1518.

109. Markus M. R (2008): Implications of persistent prehypertension for ageing-related changes in left ventricular geometry and function: the MONICA/KORA Augsburg study. *J. Hypertens.* 26, 2040–2049.
110. Martins D, Nelson K, Pan D, Tareen N et al (2001) : The effect of gender on age related blood pressure changes and the prevalence of isolated systolic hypertension among older adults: data from NHANES III. *J Gend Specif Med* 4 :101-2.
111. Mazzali M, Hughes J, Kim YG et al (2001): Elevated uric acid increases blood pressure in the rat by a novel crystal-independent mechanism. *Hypertension*; 38: 1101–1106.
112. Mc Grath BP (2002) : Ambulatory blood pressure monitoring. *Med J Aust*; 176: 588–92.
113. Mengden T, Chamontin B, Phong Chau NG et al (2000) : User procedure for self-measurement of blood pressure. *Blood Press Monit* ; 5:111–129.
114. Milton H, Froment A, Gaspard J, et al (1982): Alcohol consumption and blood pressure in a French epidemiologic study. *Eur Heart J* 3(suppl C):59-64.
115. Morris RC , Sebastian A, Forman A (1999) : Normotensive salt sensitivity: effects of race and dietary potassium. *Hypertension* ;33:18-23.

116. Najem B, Houssière A, Pathak A, et al (2006): Acute cardiovascular and sympathetic effects of nicotine replacement therapy. *Hypertension* 47:1162.
117. Narkiewicz K, Maraglino G, Biasion T, et al (1995): Interactive effect of cigarettes and coffee on daytime systolic blood pressure in patients with mild essential hypertension. HARVEST Study Group (Italy). *Hypertension Ambulatory Recording Venetia Study*. *J Hypertens* 13:965.
118. Neal B, MacMahon S, Chapman N (2000) : Effects of ACE inhibitors, calcium antagonists, and other blood-pressure-lowering drugs: Results of prospectively designed overviews of randomized trials. Blood Pressure Lowering Treatment Trialists' Collaboration. *Lancet* ;356:1955-1964.
119. Nelson MR , McNeil JJ, Peeters A et al (2010) : "Drug treatment of elevated blood pressure". *Australian Prescriber* (33): 108–112.
120. Netea RT, Smits P, Lenders JW et al (1998). Does it matter whether blood pressure measurements are taken with subjects sitting or supine? *J Hypertens* ; 16:263–268.
121. Ness AR, Chee D, Elliott P (1997): Vitamin C and blood pressure: an overview. *J Hum Hypertens*; 11: 343–350.
122. Neter JE, Stam BA, Kok FJ et al (2003) : Influence of weight reduction on blood pressure. A meta-analysis of randomized controlled trials. *Hypertension* ; 42: 878-884.

123. Norman M. Kaplan (2009): Prehypertension: Is It Relevant for Nephrologists? *J Am Soc Nephrol* 4: 1381–83.
124. Obarzanek E, Velletri PA, Cutler JA (1996): Dietary protein and blood pressure. *JAMA*; 275: 1598–1603.
125. O'Brien E (1996) : A century of confusion: which bladder for accurate bloodpressure measurement? [review] *J Hum Hypertens* ; 10:565–572.
126. Ogedegbe G, Schoenthaler A (2006) : A systematic review of the effects of home blood pressure monitoring on medication adherence. *J Clin Hypertens* ; 8: 174–180.
127. Okhubo T, Hozawa A, Yamaguchi J et al (2002) : Prognostic significance of the nocturnal decline in blood pressure in individuals with and without high 24-h blood pressure: the Ohasama study. *J Hypertens* ; 20:2183–2189.
128. Omboni S, Costantini C, Pini C et al (2008) : International Quality Certification Protocol for blood pressure monitors. *Blood Press Monit.* 2008; 13: 285–289.
129. Oparil S, Zaman MA, Calhoun DA et al (2003) : "Pathogenesis of hypertension". *Ann. Intern. Med.* 139 (9): 761–76.
130. Owens P, Atkins N, O'Brien E (1999) : Diagnosis of white coat hypertension by ambulatory blood pressure monitoring. *Hypertension* ; 34: 267–272.

- Osawa Y, Narita I, Imai N (2001): Determination of optimal blood pressure for patients with IgA nephropathy based on renal histology. *Hypertens Res* 24 : 89 –92
131. Padwal RS, Hemmelgarn BR, Khan NA, et al (2008) : The 2008 Canadian Hypertension Education Program recommendations for the management of hypertension: Part 1 - blood pressure measurement, diagnosis and assessment of risk. *Can J Cardiol* ;24:455-463.
132. Paffenbarger R.S (1991) : “Physical activity and hypertension. An epidemiological view.” *Annals. of Med* ; 23:319-27.
133. Palatini P (2001) : Limitations of ambulatory blood pressure monitoring. *Blood Press Monit* ; 6:221–4.
134. Papadopoulos DP, Makris TK, Krespi PG, et al (2005): Adiponectin and resistin plasma levels in healthy individuals with prehypertension. *J Clin Hypertens (Greenwich)*;7:729-733.
135. Pare G, Jaana M, Sicotte C (2007) : Systematic review of home telemonitoring for chronic diseases: the evidence base. *J Am Med Inform Assoc* ;14:269-77.
136. Peppard P, Young T, Palta M, et al (2000): Prospective study of the association between sleep-disordered breathing and hypertension. *N Engl J Med*, 342:1378–1384.

137. Perloff JK. (1997): Congenital heart disease in adults. In: Braunwald E, ed. Heart disease: a textbook of cardiovascular medicine. 5th ed. Philadelphia: Saunders:963–87.
138. Perlstein TS, Gumieniak O, Hopkins PN et al (2004): Uric acid and the state of the intrarenal renin-angiotensin system in humans. *Kidney Int*; 66:1465–1470.
139. Pickering TG, Hall JE, Appel LJ, et al (2005) : Recommendations for blood pressure measurement in humans and experimental animals: Part 1: Blood pressure measurement in humans: A statement for professionals from the Subcommittee of Professional and Public Education of the American Heart Association Council on High Blood Pressure Research. *Circulation* , 111: (5): 697-716.
140. Player MS, Mainous AG, Diaz VA, et al (2007): Prehypertension and insulin resistance in a nationally representative adult population. *J Clin Hypertens*;9:424–429
141. Pletcher M. J (2008): Prehypertension during young adulthood and coronary calcium later in life. *Ann. Intern. Med.* 149, 91–99123-
142. Prabhakaran D, Shah P, Chaturvedi V et al (2005): Cardiovascular risk factor prevalence among men in a large industry of northern India. *Natl Med J India*; 18: 59-65.

143. Prins ND, Dijk EJ, Heijer T et al (2004) : Cerebral white matter lesions and the risk of dementia. *Arch Neurol* ; 61:1531-1534.
144. Prisant L, Gujral J. (2006): Hyperthyroidism a secondary cause of isolated systolic hypertension. *J Clin Hypertens*;8(8):596.
145. Puddey I B , Beilin L J (2006) :“Alcohol is bad for blood pressure,” *Clinical and Experimental Pharmacology and Physiology*, vol. 33, no. 9, pp. 847–852.
146. Qureshi AI., Suri MF., Kirmani JF et al (2005) : Is prehypertension a risk factor for cardiovascular diseases? *Stroke* 36, 1859–1863.
147. Rimm EB, Curhan GC (2007) : Frequency of analgesic use and risk of hypertension among men. *Arch Intern Med* ; 167:394-399
148. Roman RJ , Cowley AW (1985) : Abnormal pressure diuresis-natriuresis response in spontaneously hypertensive rats. *Am J Physiol.*;248:199-205.
149. Rosendorff, C (2007): Treatment of hypertension in the prevention and management of ischemic heart disease: a scientific statement from the American Heart Association Council for High Blood Pressure Research and the Councils on Clinical Cardiology and Epidemiology and Prevention. *Circulation* 115, 2761–2788.

150. Rossi R, Chiurlia E, Nuzzo A (2004): Flow mediated vasodilatation and the risk of developing hypertension in postmenopausal women. *J Am Coll Cardiol* 44; 1636-40.
151. Ruano M, Silvestre V, Castro R, et al (2005): Morbid obesity, hypertensive disease and the renin-angiotensin-aldosterone axis. *Obes Surg* 15: 670–676.
152. Russell LB, Valiyeva E, Carson JL (2004): Effects of prehypertension on admissions and deaths: a simulation. *Arch Intern Med*, 164:2119-2124.
153. Sacks FM, Carey VJ (2005); Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: results of the OmniHeart randomized trial. *JAMA* ; 294: 2455–2464.
154. Schmieder RE, Hilgers KF, Schlaich MP et al (2007): Renin-angiotensin system and cardiovascular risk. *Lancet*; 369: 1208–1219
155. Schrader J, Luders S, Kulschewski A, et al (2006): Microalbuminuria and tubular proteinuria as risk predictors of cardiovascular morbidity and mortality in essential hypertension: final results of a prospective long-term study (MARPLE Study). *J Hypertens*; 24:541–548.
156. Sheridan S, Pignone M, Donahue K (2003): Screening for hypertension : a review of the evidence of the U. S. Preventive Services Task Force. *Am J Prev Med*;25:151-158.

157. Silverberg DS, Shemesh E, Jaina A et al (1977) : The unsupported arm: a cause of falsely raised blood pressure readings. *BMJ* ; 2:1331.
158. Sipahi, I (2006): Effects of normal, prehypertensive, and hypertensive blood pressure levels on progression of coronary atherosclerosis. *J. Am. Coll. Cardiol.* 48, 833–838.
159. Smith MC, Dunn MJ (1995) : Hypertension in renal parenchymal disease. In *Hypertension : Pathophysiology, Diagnosis and Management*. Edited by Laragh JH, Brenner BM. New York : Raven Press : 2081-2102.
160. Snow, Weiss KB, Mottur-Pilson C (2003): Clinical Efficacy Assessment Subcommittee of the American College of Physicians. The evidence base for tight blood pressure control in the management of type 2 diabetes mellitus. *Ann Intern Med.* 138: 587–592.
161. Solbu MD, Jenssen TG, Eriksen BO et al (2009): Changes in insulin sensitivity, renal function, and markers of endothelial dysfunction in hypertension – the impact of microalbuminuria: a 13-year follow-up study. *Metabolism*; 58: 408–415.
162. Somers VK, Anderson EA, Mark AL (1993) : "Sympathetic neural mechanisms in human hypertension". *Current Opinion in Nephrology and Hypertension* 2 (1): 96–105.

163. Speroff L, Glass RH, Kase NG et al (1999) : Clinical gynecologic endocrinology and infertility. 6th ed. Philadelphia: Lippincott Williams & Wilkins:867–945.
164. Stabouli S, Kotsis V, Papamichael C, et al (2005): Adolescent obesity is associated with high ambulatory blood pressure and increased carotid intimal medial thickness. *J Ped* 147: 651–656.
165. Staessen JA, O'Brien ET, Thijs L et al (2000) : Modern approaches to blood pressure measurement. *Occup Environ Med* ; 57:510–520.
166. Steiner RM (1997) : Radiology of the heart. In: Braunwald E, ed. *Heart disease: a textbook of cardiovascular medicine*. 5th ed. Philadelphia: Saunders : 204–39.
167. Stergiou GS, Skeva II, Zourbaki AS et al (1998) : Self-monitoring of blood pressure at home: how many measurements are needed? *J Hypertens* ; 16:725–731
168. Stevens VJ, Obarzanek E, Cook NR, et al (2001): Trials of Hypertension Prevention Research Group. Long-term weight loss and changes in blood pressure: results of the Trials of Hypertension Prevention, phase II. *Ann Intern Med*. 134: 1–6.
169. Thomas W, Shen Y, Molitch ME et al (2001): Rise in albuminuria and blood pressure in patients who progressed to diabetic nephropathy in the Diabetes Control and Complications Trial. *J Am Soc Nephrol* ; 12: 333–340.

170. Toprak A, Wang H, Chen W et al (2009): Prehypertension and black-white contrasts in cardiovascular risk in young adults: Bogalusa Heart Study. *J Hypertens* 27: 243–250.
171. Tso MOM, Jampol LM (1982) : Pathophysiology of hypertensive retinopathy. *Ophthalmology* ; 89:1132-1145.
172. Vasan RS, Larson MG, Leip EP, et al (2001): Impact of high-normal blood pressure on the risk of cardiovascular disease . *N Engl J Med* 345 : 1291-129.
173. Verdecchia P (2000) : Prognostic value of ambulatory blood pressure: current evidence and clinical implications. *Hypertension* ; 35: 844–851.
174. Wachtell K, Ibsen H, Olsen MH (2003): Albuminuria and cardiovascular risk in hypertensive patients with left ventricular hypertrophy: The LIFE study. *Ann Intern Med* 139: 901–906
175. Wang Y, Wang QJ (2004): The prevalence of prehypertension and hypertension among US adults according to the new Joint National Committee Guidelines: new challenges of the old problem. *Arch Intern Med*; 164:2126-34.
176. Weir MR, Dengel DR, Belhrens T et al (1995) : Salt-induced increases in systolic blood pressure affect renal hemodynamics and proteinuria. *Hypertension* ;25:1339-1344.

177. Wenger NK(1998): Quality of life issues in hypertension: consequences of diagnosis and considerations in management. *Am Heart J* ; 116:628–632.
178. Whelton PK, Appel LJ, Espeland MA et al (1998): Sodium reduction and weight loss in the treatment of hypertension in older persons: a randomized controlled Trial of Nonpharmacologic Interventions in the Elderly (TONE): TONE Collaborative Research Group. *JAMA*; 279: 839–846.
179. Whelton SP, Chin A, Xin X et al (2002) : Effect of aerobic exercise on blood pressure: a meta-analysis of randomized controlled trials. *Ann Intern Med* ; 136: 493-503.
180. Williams C, Kingwell BA, Burke K et al (2005): Folic acid supplementation for 3 wk reduces pulse pressure and large artery stiffness independent of MTHFR genotype. *Am J Clin Nutr.* 82. 1: 26-31.
181. Williams GH (2001): Approach to the patient with hypertension. In: Braunwald E, ed. *Harrison's Principles of internal medicine.* 15th ed. New York: McGraw-Hill, :211–4.
182. Winnicki M (2006): Lifestyle, Family History, and Progression of Hypertension, *Journal of Hypertension*, 24(8)1479-87
183. Wong T., Klein R., Klein B. E et al (2003): Retinal vessel diameters and their associations with age and blood pressure. *Invest. Ophthalmol. Vis. Sci.* 44, 4644–4650.

184. Wofford MR, King DS, Wyatt SB et al (2002) : Secondary hypertension: detection and management for the primary care provider. *J Clin Hypertens* ;2:124–31.
185. Wong T, Mitchell P (2007) : The eye in hypertension. *Lancet* ; 369:425-435.
186. Wyss JM, Oparil S, Sriparojthikoon W (1992) : Neuronal control of the kidney: contribution to hypertension. *Can J Physiol Pharmacol* ;70:759-770.
187. Xin X, He J, Frontini MG, et al (2001): Effects of alcohol reduction on blood pressure: a meta analysis of randomized controlled trials. *Hypertension*. 38(5):1112-1117.
188. Ying Zhang, Barbara V. Howard, Mary J. Roman, et al (2004): Association of Prehypertension by Joint National Committee 7 Criteria With Left Ventricular Structure and Function: The Strong Heart Study. *J Am Coll Cardiol* ;43 : 154-183.
189. Zhang Y, Lee ET, Devereux RB et al (2006): Prehypertension, diabetes, and cardiovascular disease risk in a population-based sample: the Strong Heart Study. *Hypertension* ; 47:410– 414.
190. Zheng L, Sun Z, Zhang X et al (2010): Predictors of progression from prehypertension to hypertension among rural Chinese adults: results from Liaoning Province. *Eur J Cardiovasc Prev Rehabil*;17(2):217–22.