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Essential or primary hypertension

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ESSENTIAL OR PRIMARY HYPERTENSION

Senior Thesis

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ESSENTIAL OR PRIMARY HYPERTENSION

I. Introduction

"Persistently elevated arterial pressure with associated morbid changes of the vascular tree is probably responsible, directly or indirectly, for more disability and death than any other single pathological condition, including cancer and tuberculosis." (#40) Approximately 140,000 deaths in the United States in 1934 were due wholly or in part to a sustained high blood pressure. (#16)

Thus we find this subject a very pertinent medical question of today. Now that blood pressure measurements have become routine in the examination of patients and of applicants for life insurance, the frequency of the existence of high blood pressure, especially in persons of middle age, has become, not only among the medical practitioners but also among the laity, a matter of common knowledge. They also know of the consequences of this condition and are very apprehensive. They need much in the way of reassurance and that burden rests upon our shoulders, so we can well delve deeper into the study of this problem. Much has been written upon this subject so brevity in discussion is essential.

Essential hypertension, primary hypertension, hyperpnea, arterial hypertension (synonyms) is a con-
dition occurring in middle or later life, especially between the ages of 40 to 60 years, though some cases are in the 10 to 20 year group. (7) McCollum in his article (24) quotes statistics obtained from three other authors and illustrates the causes of death with this condition.

<table>
<thead>
<tr>
<th>Heart Disease</th>
<th>Apoplexy</th>
<th>Uremia</th>
<th>Intercurrent Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bell</td>
<td>60%</td>
<td>19.3%</td>
<td>8.5%</td>
</tr>
<tr>
<td>Christian</td>
<td>32%</td>
<td>35 %</td>
<td>4.5%</td>
</tr>
<tr>
<td>Granger</td>
<td>52%</td>
<td>31%</td>
<td>5.5%</td>
</tr>
</tbody>
</table>

There is little difference in the incidence in sexes, there being some predominance in the males. In one series the ratio was 1.4 males to 1 female (7) while in another series there were 48 males to 33 females. (22) Factors tending to raise the normal blood pressure are age, climate, increasing temperature, emotions, work, pregnancy, obesity, and fever. In general they are minor factors and not of consideration here.

Historically, although the circulation was described by William Harvey in a qualitative way, it was not until 1906 that blood pressure instruments were perfected to be used by the average physician. (24) Life insurance companies recognized their value and hastened their use. It was not until 1918 that the value of the diastolic reading was recognized.

II. Definition.

3.
"Essential hypertension is a definite clinical entity in which, as the term suggests, increased blood pressure is the primary or essential finding. The pathologic changes which take place in various structures, notably the brain, kidney, and heart, are later developments produced by hypertension. The maintainence of adequate kidney function in this disease is one of its most characteristic features and serves to differentiate it from hypertension secondary to true nephritis." (#18) Mosenthal brings out the point that it is a persistent and increasing elevation in both systolic and diastolic blood pressure (#27), but it is generally agreed that it is classed as a raised blood pressure, the normal being generally given as 120/80 for a person 20 years old with an average increase of 2 mm. Hg. systolic and 1 mm. Hg. diastolic for every 5 years up to the age of 60 years. (#7) Bell and Clawson also consider anyone having a systolic pressure of 150 mm. Hg. or over as a case of essential hypertension.

Kernohan and Keith have made the following clinical classification:

I. Mild benign hypertension shows a diastolic under 115 mm. Hg.; no impairment of heart or kidney.

II. Severe benign hypertension shows a diastolic over 115 mm. Hg. with evidence of impairment of vital organs and often with changes in the retina.

III. Malignant hypertension shows the diastolic pressure 130 to 150 mm. or higher, perhaps with marked impairment of vital organs with special changes in the
retinal vessels.

There is the one point to be emphasized and that is primary or essential hypertension is not secondary or produced by a preceding kidney lesion. (#7) Fishberg in his article (#17) aids the words "clinically nor anatomically evolved from the kidney" to exclude those cases that show a contracted kidney at the post mortem table. Although etiologically we can put no blame on the kidneys, we always find arteriosclerosis there and some degree of renal involvement as the process goes on. Barker (#6) states that he believes that these separate phases of renal and arteriosclerosis are merely factors along a progressive line of degeneration.

Arteriosclerosis and hypertension are frequently associated, but it is important to remember that the prevailing opinion is that arteriosclerosis when associated with hypertension is an effect rather than a cause. (#18)

III. Etiology

The etiology of essential hypertension is as yet unproven. We have a great many ideas about it, which in turn proves that we cannot point to anything definitely and so gather in a mass of material from which to take the best. The cause of this condition is so important because therapeutics cannot well be practiced until we can remove the cause. Data has accumulated
much in the last few years and Dr. Weiss (#41) has an excellent recent article concerning this subject. He divides the line of approach up into the following groups: (1) the role of circulating substances, including hormones; (2) the influence of the nervous system; (3) the reactivity of the vascular system and mechanical factors; (4) infections and allergy; and (5) constitutional factors.

We shall consider them in the above order for the sake of routine.

(1) The role of circulating chemical substances in arterial hypertension:

This approach to the etiology of hypertension is perhaps the most obvious, particularly since examples of hormones with a vasoconstrictor effect are available.

Guanidine has been proposed as a causative factor but Jackson in a communication to Weiss (#41) was unable to show any conclusive results.

Cholesterol has been found experimentally to rise in hypertension, but Weinstein and Weiss (#39) concluded the rise was the result rather than the cause.

Potassium-calcium Ratio has been studied but Steiglitz (#38) found in his study that hypocalcemia is not a factor in the hypertension of pregnancy. El-
evation of the ratio of potassium-calcium ratio was found to be the result of circulatory failure. (#49)

Proteins have been found experimentally to cause arteriosclerosis of rabbits but this is not a part of
the disease picture in man and has therefore been discredited. (#39)

**Epinephrine** has aroused considerable study because of its pressor effect. Philpot (#33) suggested hyperadrenalemia as responsible for at least a certain type of hypertension. However, Curtiss and others (#11) found no increased pressor effect in the blood of hypertensive patients. It should be remembered also that many negative findings in post-mortem examinations of hyperplasia and adenoma of the cortex of the adrenal gland are not reported. Cases of severe and fluctuating hypertension in the tumors of the adrenal gland (#31) are not sufficiently well understood to be decided upon.

The **pituitary** theory of the origin of hypertension has aroused much interest lately by the contributions of Cushing. (#12, #13) In describing the syndrome of basophilic adenoma, he has called attention to the fact that arterial hypertension is frequently present. Not only is there insufficient work along this line but in view of the association of basophilic adenoma with bodily changes involving different types of tissues, the interrelation between basophilic adenoma and hypertension is open to a number of other explanations than the effect of circulating pituitrin.

**Thyrotoxicosis** has been studied (#37) but there seems to be no direct relationship to hypertension.

**Vasoconstrictor substances** of undetermined nature have been seriously considered and much work done.
Weiss (#41) was able to demonstrate a pressor substance in the blood and in the urine of normal subjects, as well as in patients with hypertension. Also this vasopressor substance had no relation to the degree or to the type of hypertension. He found the most powerful vasopressor substances were extracted from the urine of normal subjects.

Alcohol and tobacco have been absolved as a part in the etiology from a lack of any evidence to support them. (#37) The fact that a study of the sex incidence in a large group of cases (#34) showed a greater incidence in females would tend to rule out alcohol and tobacco.

Lead has been investigated and found a hypertension with sclerosis of the vascular system (#19) in chronic lead poisoning, but this would account for only a small fraction of the cases of hypertension.

Thus to summarize the results of many years of investigation about the etiologic role of circulating vasoconstrictor substances, there is nothing to support this theory except in those few cases where lead is responsible.

(3) The role of the nervous system in the causation of hypertension:

The significant role of the nervous mechanism in the regulation of blood pressure is well known. It is controlled by means of sympathetic and parasympathetic nerves. It has been suggested that hypoactivity of the carotid sinus and other depressor reflexes might
be responsible for arterial hypertension. However, studies on man have not found evidence to support this view and so it should be further studied. (#41)

The second possibility, namely that of an increased pressor nervous mechanism or sympathetic nerve action, is based on more evidence. Patek and Weiss (#32) found the influence of the sympathetic nervous system was more pronounced and that of the parasympathetic less so in patients with hypertension than in control subjects with normal cardiovascular systems. Bordley and Baker (#3) claimed an ischemia resulting from arteriosclerosis of the medullary centers is a factor, but Cutter's study (#14) casts much doubt on this idea, and we must remember there is greater ischemia in many conditions unassociated with hypertension.

Emotional stress as a factor influencing blood pressure has been much discussed. Whether vascular diseases with arterial hypertension are really modern diseases is quite doubtful. Apoplexy, heart failure of non-valvular origin, and uremia have always been common clinical manifestations, and hypertension occurs frequently among the population of quiet, farming villages. However, in a comparative analysis of a group of patients with essential hypertension and with normal cardiovascular systems, overexcitability, impulsiveness and a tendency to worry was more frequently present in the hypertensive group. (#32) Although psychic trauma and conflicts, as well as abnormal sensitivity of the psyche, play a role in essential
hypertension, personality and emotional factors alone are not adequate in the explanation of even a single type of hypertension. This contention is also supported by the fact that emotional psychoses bear no relationship to the level of the blood pressure. (#41) Barker (#6) also lays considerable stress on the psychic wear and tear on the vascular system.

(3) The reactivity of the vascular system and mechanical factors:

One mechanism in the development of a narrowed arteriolar system, namely, increased nervous tonus, has already been discussed. A second possibility, namely, a primary cellular or mechanical origin, also deserves careful consideration. Clinical and postmortem experiences reveal variations in the arterial lumen in different subjects. In advancing age there is progressive accumulation of intercellular cement substances, loss of elasticity of tissues, arteriosclerotic and other involutionary changes which are all included in the collective term of "changes of senescence." These changes result in the shrinkage of the lumen of the small arterial vessels and in a secondary progressive rise in blood pressure. A moderate degree of progressive rise is thus an expression of physiologic senescence. In persons thus with congenitally hypoplastic arterial systems or with increased severity of degenerative changes an increased arteriolar resistance also develops. Increased peripheral resistance plays a role in arterial hypertension is shown by cases
of obesity in which the hypertension may completely disappear with reduction of body weight; and in the fact that there is a sudden rise in the incidence of hypertension with the age of onset of involutionary changes in the body in each sex.

Wiggers (43) claims that there is a progressive loss of elasticity and of the propulsive action of the aorta and other large vessels, but this should be further investigated.

Viscosity of the blood is largely discredited as a factor even though it is in Nesfield's opinion. (38)

Local diseases of the kidney and urinary passages do tend to cause arterial hypertension, but the causes are not known. (41)

(4) The role of infections and vascular allergy:

Evidence that infections play a direct etiologic role in the majority of instances of hypertension is lacking, but clinical observations, on the other hand, furnish ample evidence indicating an indirect etiologic role for infections. There is not a single type of infectious agent which is regularly associated with hypertension. The majority of infections associated with hypertension first produce kidney lesions, and hypertension then develops as a secondary manifestation.

Syphilis is not an etiological factor. (33)

Diabetes mellitus appears to be a contributary cause in some cases of hypertension. (7)

Allergy was given a part as a contributor to the etiology of hypertension by Waldbott (33), but it is better to consider it an associative thing until more evidence is presented.
work is done.

(5) Constitution and arterial hypertension:

With all of the foregoing discussion, it seems inevitable to have one more factor and that is the one of heredity. Daily clinical experience, also, suggests that among patients with pronounced hypertension all types of bodily habitus occur with approximately the same frequency. It is suggestive, then, that an understanding of the inherited anatomic and functional characteristics of the nervous and vascular systems rather than the bodily habitus will eventually bring the solution. It is known that the vascular and nervous systems are particularly apt to transmit constitutional stigmata. O'Hare with others (#30) elicited a family history of vascular disease in 68% of a group of patients with arterial hypertension. Nyman (#4) gave additional information. The fact that a hereditary history cannot be obtained in a higher percentage of cases is natural, and does not invalidate the significant role of the constitution; for a hereditary history is but partial and rather crude evidence of hereditary constitution. (#41)

Etiological Summary:

Weiss (#41) thus appreciates that arterial hypertension is not a disease entity but a bodily state of multiple etiology. The transition from a normal to a hypertensive state is very gradual. In the majority of instances of hypertension we are dealing with but a moderate accentuation of the physiologic factors.
Experience, on the other hand, has taught us that patients with markedly elevated blood pressure frequently exhibit functional and structural disturbances of various organs; hence the clinical emphasis on the problem of hypertension is justified.

In the study of the etiology of arterial hypertension evidence today is available indicating that the role of inheritance and constitutional predisposition are represented mainly be inherited and at times acquired local irritability of the minute vessels, hyperirritability of the sympathetic vasomotor centers, and hypoplastic development of the vascular system.

Among the secondary factors acting on such constitutionally susceptible nervous and vascular systems are emotional stress, physiologic changes of involution and senescence, obesity, certain types of infections, and reflexes, particularly from the kidney, and a few exogenous chemical substances. The relative role of these factors varies considerably. The present evidence indicates that in the great majority of instances involutionary and senescent changes are active in the constitutionally predisposed individuals.

Thus the etiology varies and as Stieglitz states (§37) "it was not the last straw that broke the camel's back, according to the fable, but the last straw plus all the rest of the previous load, and that load may have been almost anything."
IV. Pathology

A brief rudimentary discussion of the physiology of blood pressure is necessary to better understand the underlying pathology. (43) By blood pressure is meant the lateral pressure exerted on the walls of the vessels by the contained blood. It varies as the product of the cardiac output and the peripheral resistance. There are no heart changes in our study of hypertension and so we have left the influencing factor of the peripheral resistance. It in turn is dependent upon the factors of (1) the fluid viscosity; (2) the size of the lumen of the tube; and (3) the velocity of the flow. In essential hypertension we consider we have no alteration of the blood or its rate of flow, and consequently we have left only the factor of the size of the lumen of the tube. The reason the greater resistance lies in the arterioles rather than in the capillaries is because the rapidly moving fluid meets much more resistance than the slowly moving fluid. The arterioles are under the influence of the vasomotor center located in the medulla in the floor of the fourth ventricle and are caused to respond by the sympathetics and parasympathetics.

In studying the pathology of this condition, the significant findings have mainly been in the arterioles. Fishberg (47) in 1925 reported findings in a series of 72 cases coming to necropsy. He found arteriolosclerosis occurs most frequently and most markedly in the kidney and so his description is of the typical lesion.
in that organ. In the afferent arterioles, the first change noted is a deposition of so-called hyaline substance directly under the endothelium. The hyperplastic elastic tissue undergoes regressive changes with the appearance of lipoid and hyaline substance and reactive proliferation of the neighboring connective tissue, gradually resulting in marked narrowing of the lumen which may slowly go on to complete obliteration. There is a gradual and progressive degenerative atrophy of the medial muscle with replacement fibrosis. These lesions appeared in the kidney in every case, the splenic in two-thirds of the cases, the pancreatic in about half, the hepatic in less than a third, and the cerebral in about one-fifth. The arterioles of the skeletal muscles, skin, and gastro-intestinal tract were rarely involved and then to only an insignificant extent. However, he concludes that the anatomic changes in the kidney cannot be reconciled with the theory that essential hypertension is due to a disorder of renal function.

In 1928 Keith, Wagener, and Kernohan (#33) made a study of 81 cases with special reference to the retinal picture. However, in 7 cases they were able to make a careful study of the pathology and found that the most outstanding thing was the diffuseness of the lesions and the degree of involvement of the smaller arteries and arterioles, while the larger arteries and the capillaries are comparatively free from change. The changes in the arterioles are different from those ob-
served in the arteries of old persons: there is marked hyperplasia of the intima and hypertrophy of the media and internal elastic lamina in contrast to the degenerative changes in senile arteriosclerosis with their deposits of lipoids, fatty acid and calcium in the intima and fragmentation but little hypertrophy of the internal elastic lamina. Again in senile arteriosclerosis the smaller arteries and arterioles do not manifest the extensive intimal hyperplasia and the marked narrowing of the lumina which is so definitely shown in these cases of malignant hypertension. The most important and constant feature of these cases is the extreme diffuseness of the lesion; not a single organ or tissue escapes, and even the vessels of the gastrointestinal tract and the skeletal muscles are equally severely involved. Sometimes the kidney, the heart, or the brain is more severely injured, but not any organ escapes.

In 1929 a very intensive study of the pathological picture was made by Kernohan, Anderson, and Keith (#23) in a run of 53 cases. They had conceived the idea from the work in the preceding reference here that biopsy material from a superficial muscle in ambulatory cases of hypertension might show early histologic changes in the smaller arteries. Muscle tissue was chosen because it composes about 35 to 40 per cent of the body and thus an assumption that there is a widespread lesion of the arterioles could be readily proved or disproved. They examined the arterioles in
small pieces of muscle taken by biopsy from the pectoralis major. The most pronounced and most constant change observed in the vessels was in the media, which was definitely hypertrophied, and there was an increase in the nuclear elements of this tissue. There was no fibrosis or increase in connective tissue; the entire change was due to proliferation of muscle. There was also hypertrophy of the internal elastic lamina. In the intima the change was widely varied, but the most common modification was proliferation of the lining endothelial cells. This sometimes was accompanied by proliferation of the subendothelial tissue, and when both changes were present the vessel was almost occluded. Complete occlusion was the rule. It does not seem logical, they think, to assume that any vasomotor spasm could bring about proliferation of the lining endothelial cells, although it might possibly produce some hypertrophy of the media. The fundamental changes occurring in these vessels were hypertrophy of the media and proliferation of the intima. There was no degeneration, nor any change that could be attributed to senile retrogression.

They classified the types of hypertension into benign, severely benign, or early malignant, and malignant hypertension. In benign hypertension there may be no lesions in the peripheral arterioles or there may be moderate ones. Their data, obtained at biopsy, was in harmony with the long retention of adequate retinal, cardiac and renal function and with the stationary or
slow progression of the general condition. In the severe benign or early malignant hypertension, the clinical observations indicate more serious involvement. In spite of the clinical evidences of diffuse involvement, and a corresponding marked pathologic change in the peripheral arterioles that often is present, many of these patients still had remarkably good retinal, cardiac, and renal function. Such results suggest that either the lesion in the arteriole, although marked, has been of shorter duration, or better compensation has taken place. In their cases of malignant hypertension there was a definite retinitis. In such cases there was almost invariably a marked thickening of the wall and narrowing of the lumen of the arteriole in the muscles. The clinical course was rapidly progressive. So they considered there were good reasons for considering malignant hypertension as the terminal stage of the severe benign or early malignant type. They did some nice work in the study of the relation of the vessel wall to the lumen and so the results of the work were that in a lesion of the arterioles of voluntary muscle, the chief pathological changes were hypertrophy of the media, proliferation of the intima and marked reduction in the ratio of wall to lumen.

Keith, Barker, and Kernohan in 1931 (#31) concluded in addition that the changes do occur in skeletal muscle more often in cases of severe hypertension, but the changes are not proportional to the duration, height, or fixation of the blood pressure, and also
when present with clinical manifestations, the ultimate prognosis is serious.

V. Pathogenesis

The development of the pathological changes is not well understood because we are not sure of our etiological foundation, but McCloud (#34) in his classical article has given a very good interpretation to the arteriolar changes as he believed it to be.

Step 1—There occurs an irritation to the arterioles by almost anything (toxins, protein excess, bacterial poisons, condiments, vasomotor hypertonia, etc.) which results, of course, in

Step 2—Increased tonus or spasticity of the smooth muscle of the mesial layer of arterioles.

Step 3—If such increased tonus continues any length of time, hypertrophy of the muscle is inevitable, as hypertrophy follows increased work anywhere.

Step 4—Because of such hypertrophy, with a continuation of the original irritation, the spasticity becomes even more marked.

Step 5—But muscles are not adapted to continuous strain as it is well known, and such continuous hypertonia or spasticity leads to fatigue.

Step 6—Fatigue (to be sharply differentiated from exhaustion) makes muscle cells more irritable, and hyperirritability results.

Such hyperirritability is also seen in the nervous mechanism. We all become cranky, fussy, irritable when very tired. With such a lowered threshold, mild irri-
tation or stimulation leads to an exaggerated response of more spasticity.

Thus a vicious circle is set up: Steps 4-5-6-4-5-6-4-etc. This is called "The perpetuating factor in hypertension," as it continues to operate, although the original source of irritation in Step 1 has ceased to exist. It is also termed "The vicious circle of fatigue.

Step 7—If fatigue continues to exhaustion, the muscle cells degenerate, die and fail. Thus simultaneously with the activity of the vicious circle, some cells are slowly exhausted.

Step 8—As these fall by the wayside, replacement with connective tissue takes place; fibrosis occurs.

This is not an invasive process or an aggressive cirrhosis; the connective tissue proliferated to support the crumbling framework of the vascular wall as a scaffolding to protect it. Eventually the greater portion of the arteriolar medial muscle is replaced and the final stage is.

Step 9—Up to Step 7 the processes are reversible biologically; fatigue may be relieved by rest, hypertrophy may subside. Beyond Step 7, with fibrotic replacement of exhausted muscle, the processes are irreversible and not amendable to therapy. Characteristic, of course, of the spastic early phases is the variability of the diastolic tension; inversely, after fibrosis occurs, diastolic tension is fixed and rigid. Therefore, we may use the variability of the diastolic tension as an index to the degree of permanent change; the
more variable the diastolic tension is, the less the actual sclerosis.

Of course, all of these processes are slow and gradual; taking years to develop. Probably in various structures various phases of this procession occur simultaneously, and there is no sharp transition between the steps.

VI. Symptomatology.

The symptomatology is a very variable factor. Many cases of essential hypertension are picked up in a life insurance examination and so are consequently unaware of their condition and have no complaints referable to it. However, many patients do come in with definite complaints and these are summarized by Rasmussen and Weiss (35) from a series of 1,090 ambulatory cases who were not suffering from the accidents or complications of this condition seen in the majority of patients with hypertension who enter hospital wards. These cases are made up of 289 men and 801 women. The systolic pressure was 160 mm. Hg. or above in 90 per cent of instances; the diastolic pressure was 100 mm. Hg. or above in 64.5 per cent of the cases. The symptoms with percentage occurrence were as follows:

1. Headaches (43.3 per cent of cases) were usually steady and noted mostly early morning or evening.

2. Dizziness (40.3 per cent) occurred mainly by change of position and immediately after rising in the morning and after retiring at night.
3. Somatic aches and pains (38.7 per cent) were distressing both to the patient and to the examiner. The pains were of various sorts, but usually vague and indecipherable and changed locations, and so on. No explanation for them was found, physiotherapy giving temporary relief.

4. Dyapnea on exertion (27.7 per cent) was the only main cardiac symptom recorded and yet there was not enough evidence to justify a diagnosis of myocardial insufficiency.

5. Nocturia (25.9 percent) is another symptom not well explained as there was no sign of renal damage in any of these cases.

6. "Nervousness" (13.2 per cent) included a tendency to worry, to become easily upset, emotionally unstable, and introvertive.

7. Palpitation of the heart (13.1 per cent) in a small percentage of cases.

8. Tinnitus (11.8 per cent) was bilateral usually, steady and continuous, and very distressing to the patient.

9. Weakness (11.6 per cent) usually includes both an increased ease to fatigue and also a subjective sense of weakness or loss of muscle power, especially the legs.

Many other symptoms are mentioned, but they occur of but 5 per cent or less frequency—as insomnia, epis-taxis, precordial pain, numbness and tingling, edema, spots before the eyes, hot flashes, cramps, nausea, vomiting, blurred vision, and so on. 129 patients had
no symptoms whatsoever. Almost all of the symptoms of patients with arterial hypertension are referable to a disturbance of the central nervous system and are expressions of a disordered vasomotor system.

In the vast majority of cases, symptoms and signs of serious involvement of the three organs vitally concerned with this condition usually develop—namely, the heart, brain, and kidneys. (§?)

The indications of cardiac disease are dyspnea, edema, cardiac pains of various kinds, cyanosis, palpitation, enlargement of the heart, and murmurs. Death may occur suddenly from coronary occlusion.

The symptoms referable to the brain are headaches, dizziness, nervousness, nocturia, fainting, irritability, loss of memory, and transient or permanent paralysis.

The evidences of renal damage are usually high blood pressure, severe retinal changes, progressive renal insufficiency (as indicated by laboratory tests), albuminuria and casts, and terminally clinical signs of uremia. Albuminuria alone is not evidence of serious renal disease, since it may be due to passive congestion or to temporary ischemia of the kidneys.

As a rule the symptoms are predominantly referable to one of these organs.

VII. Diagnosis

By virtue of the definition of this condition, the diagnosis rests primarily upon blood pressure readings by means of a sphygmomanometer, the systolic usually being where the sounds first come in and the diastolic...
where the sound changes from sharp and clear to soft and muffled or where it completely disappears, the average difference between the two being 4 mm. Hg.— the former usually being used. (#24)

As we have explained in the preceding, the symptoms may aid in the diagnosis, but are sometimes absent and so the diagnosis must be made by blood pressure and additional signs. Normal blood pressure is around 120 systolic and 80 diastolic for a person 20 years old (#7) and then with a gradual progressive rise with age up to around 140 systolic and 86 diastolic. Bell and Clawson (#7) called all cases with a persistent systolic blood pressure of 150 mm. Hg. or over, of unknown etiology, as cases of essential hypertension. Usually, however, most authors take the diastolic reading as the important one and if it is over 90 under 40 years of age or over 95 over 40 years of age, it will show an increased mortality and a diastolic of 100 mm. Hg. at any age is pathologic and certainly classed as an essential hypertension. That the diastolic tension is the least fluctuating of the two readings is given by most authors, but Ayman shows marked variations in the readings. (#3) The essential point here in diagnosis is a persistently high or rising blood pressure above the limits of normal.

A valuable aid in identifying the hypertensive state is by the aid of the ophthalmoscope. This aid is found mainly in the more severe states and gives a bad prognosis. The early cases do not show any
marked changes. Keith, Wagener, and Kernohan (#22) reported a series of 61 cases of the early and later malignant types and all except one case had consistent eye findings. The vision is surprisingly good. The type of retinitis and not its severity is characteristic. Edema of the disc is a striking feature in all the cases and is often disproportionate to the other retinal changes. All grades of retinitis, from the mildest to the most severe, run a characteristic course which may be divided into four stages. The first with hyperemia and mild edema of the disc and few superficial hemorrhagic areas and cotton-wool exudates are present. The second, edema of the disc and retina becomes more marked and spreads into the macular region and periphery, the hemorrhagic areas and cotton-wool exudates become more numerous and are found farther away from the disc. In the third stage, edema begins to recede from the peripheral part of the retina and small spots of pigment are seen instead. Punctate hemorrhages begin to outnumber the cotton-wool exudates. In the fourth stage, the disc has become definitely pale. Atrophy has replaced edema of the retina and only a few residual punctate exudates may remain, usually in the macular region. The first stage is the shortest and the third stage is the longest and most frequently observed, it being only a matter of months for the progression. The average length of life after diagnosis for this series was eight months.

Ernstene and Snyder (#15) have experimented and
found useful for diagnosis in essential hypertension
the injection of a small quantity of histamine dihydro-
chloride into the forearm skin. They found a marked
reduction in the size of the flare in patients with
hypertension of the intermediate and malignant types.
They recommend it as a valuable diagnostic aid.

Reference is made in Brown and Craig's article
(#9) that experimental evidence is found indicating an
abnormal vasomotor response to the application of a
standard amount of a cold stimulus. This is apparent
years before any rise in blood pressure and again is a
valuable diagnostic aid.

VIII. Prognosis

Prognosis for a disease of the qualifications
which this one possesses is a very individual thing.
The group mortality and morbidity is definitely in-
creased in cases of hypertension. (#34) Vascular dis-
ease destroys a very large number of people in or past
the fourth decade of life. (#37)

Etiology is important in the prognosis because it
is with the success that we can remove or alleviate it
that we can modify the course of the disease. If the
family history is especially predisposing, we can again
not hope for very much. Definite constitutional fac-
tors in the etiology, such as hereditary vasomotor
instability, obesity, poor neuromuscular control, in-
herent thyroid instability, affect the prognosis ad-
versely. Specific infections, however, can be more
definitely treated and influenced.

With increasing age there is probably an increasing incidence of arterial hypertension and so consequently an increasing mortality rate, but the younger the age with the onset the more malignant the condition tends to be. The amount of arteriolar sclerosis and the ophthalmological findings give a good prognosis as to the future duration.

The most fundamental factor in the prognosis is the extent to which the pathogenesis has gone. If it is early, complete recovery may be hoped for, but after irreversible changes have set in, palliative relief is all that can be hoped for. The variability of the diastolic pressure is given by most men as to an estimate of the amount of arteriolar sclerosis. Stieglitz (#37) estimates this by comparing the average pressure of the patient to when he has inhaled 5 minims (ampule) of amyl nitrite.

The and result of this condition has already been pointed out; namely, that the mortality is chiefly in failure of the cardiac, cerebral, and kidney units. Thus it is necessary to measure and evaluate them in considering the prognosis. (#25)

Malignant hypertension can be distinguished from the benign form by the persistently high blood pressure and the rapid course. It may arise apparently out of the dark in the young, but frequently it is a later stage of the benign type. (#33) It has a rapid course, the average length of life after diagnosis was eight
months in one series of cases. (#33)

IX. Treatment

Therapy directed toward a subject of such varied etiology must necessarily be wide in its scope to attempt to cover all sides. The chief object in therapy is a gradual reduction of the excessive arterial tension to the optimal levels for the individual patient. This does not mean the theoretical normal because years of body readjustment and habituation to higher levels of arterial tension may make a moderate hypertension imperative for normal physiologic existence. The second objective is sparing the heart and this is evident with the realization that the chief cause of death is cardiac failure.

The first principle in treatment is to remove the etiological source if at all possible. This necessitates a careful study of the patient and his background. (#37)

The greatest aid we can give any patient is that of rest and so it is here. Mental and physical rest must be secured. Mental rest must be secured by making the patient shift some of his responsibilities and inquiring into his home condition and habits. Physical rest must be curtailed and a few of the principles are those of 1 to 2 hours rest after lunch every day, a full night's rest, and rest in bed over the week-ends if necessary. Rest is the cardinal treatment in this condition.
Drugs are a great aid in medicine and the same applies here. They are mainly effective as an adjuvant to rest and those much used along this line are phenobarbital and the bromides. Other drugs advocated are magnesium sulphate, opiates, iodides, hepatic extracts, sulphocyanates, and calcium. They are mostly of no proven worth. (#37)

Of the drugs there are three more that deserve mention. Bismuth subnitrate (#37) is advocated by Stieglitz as a most excellent therapeutic measure, explaining that by its slow breakdown in the intestinal canal into the nitrates there is a prolonged vasodilator action, the bismuth radicals not being absorbed. However, in a recent study (#10) it was not found to be of any value so it is of doubtful therapeutic worth. Digitalis is the drug of time honored value and should certainly be used continuously at the first signs or symptoms of an impaired circulation are noted. The nitrite vasodilators are of value in vascular crises for temporary use.

Dietary management is necessary. Fats and carbohydrates give rise to obesity. Mosenthal (#37) found an increased blood pressure in 78 percent of people who were 20 per cent or more overweight. Regardless of our views on the relationship of obesity and hypertension, they both place a load on the heart and this is the greatest danger to the hypertensive. Thus we must give a well rounded diet and gradually reduce to an optimal level. The protein amount has no effect.
even though it supposedly has—the Arctic explorers and Eskimos with their high protein diet not having an increased incidence—the important factor is to give the amount necessary for maintenance.

Fluids may be taken in amounts up to 6 liters per day with no influence on blood pressure and so as the average daily intake is around 1.5 to 2 liters, they may be freely encouraged if no cardiac or renal failure signs are present. (#27)

Salt restriction does not lower blood pressure but it has a distinctly advantageous effect on cardiac complications of palpitation, dyspnea, angina pectoris, edema, and anasarca. The cleansing of the intestinal tract by excessive purgation and irritation has found its advocates here as well as in other conditions. Alvarez and his co-workers (#3) have shown that constipation and so-called intestinal autointoxication do not have any relation to hypertension, but this does not mean to neglect the bowels. (#37)

In the way of physical means of treatment, venesection is an old much-used means and is effective and desired in cases of vascular crises before apoplexy and cardiac failure. It, however, produces a secondary anemia and so should be used with wisdom. (#37)

Baths at body temperature are good to aid in body relaxation. Do not send a patient to another climate for rest if he would worry about the financial strain and so secure no rest.

Massage is good for terminal cases but it is not
greatly used.

Diathermy and light radiation are of doubtful value.

X-Ray and radium seem to give temporary relief or drop in blood pressure but are not for long continued use until further study. (#20)

Some newer therapeutic procedures have been devised, but must be further investigated. Ayman used Theelin (crystalline ovarian hormone) in treating patient on the basis of correlating endocrine and arterial functions, but his efforts were not successful. (#5)

Brown and Craig (#9) and Aiden and Brown (#1) have done recent work in denervating the splanchnic area and suprarenal glands of their sympathetic nervous control and obtained a good reduction in blood pressure with but little effect on the patient. This is a specially good form of treatment in young adults with the malignant form.

X. Conclusions

1. High blood pressure appears to depend chiefly upon a narrowing of the lumina of the arterioles in the precapillary areas.

2. The arterial narrowing is at first functional, due to hypertonus of the arterial musculature, though later it is also partly organic, due to arteriolar sclerossis.

3. The actual causes of the persistent arteriolar hypertonus and of the organic arteriolar sclerossis are
as yet unknown. The relations to chronic renal disease, to atherosclerosis in general, to exogenous and endogenous poisons, to infectious processes, to the "wear and tear" of life, to abnormal metabolic states, to endocrine disorders, and to certain types of constitutional make-up have been much discussed.

4. The different types of the disease seem to be related to each other in a progressive way—arising from the same fundamental process.

5. When recognized early, much can be done in treatment, if not in curing, to at least prolonging for a long and useful life.

6. In the later stages, much can be done to relieve symptoms and give comfort to the patient, but it is much better to face reality than to attempt meddlesome therapy.

7. The chief prophylaxis against this condition is to get ourselves well-born, from an unblemished family stock and then lead a life of temperance and well regulated activity.
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