When should hypertension be treated? The different perspectives of Canadian family physicians and patients

<table>
<thead>
<tr>
<th>Diastolic blood pressure, mm Hg</th>
<th>Risk of cardiovascular event,* %</th>
<th>NNT to prevent 1 cardiovascular event†</th>
<th>% of population eligible for treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In 5 yr</td>
<td>In 20 yr</td>
<td>In 5 yr</td>
</tr>
<tr>
<td>90</td>
<td>2</td>
<td>15</td>
<td>200</td>
</tr>
<tr>
<td>95</td>
<td>5</td>
<td>30</td>
<td>80</td>
</tr>
<tr>
<td>100</td>
<td>10</td>
<td>50</td>
<td>40</td>
</tr>
</tbody>
</table>

Adapted from McAlister and Laupacis.5
Note: NNT = number needed to treat.
*Cardiovascular risks were calculated from the Cardiovascular Disease Life Expectancy Model, assuming patient is 45 years old and has the average risk factor profile seen in Canadian hypertensive patients’ (risks for men and women were averaged).
†Assuming that treatment results in relative risk reduction of 25% for any cardiovascular event.