

# New Endocrine Society Recommendations Regarding Endocrine Hypertension

## Prevalence of Endocrine Hypertension and Primary Aldosteronism

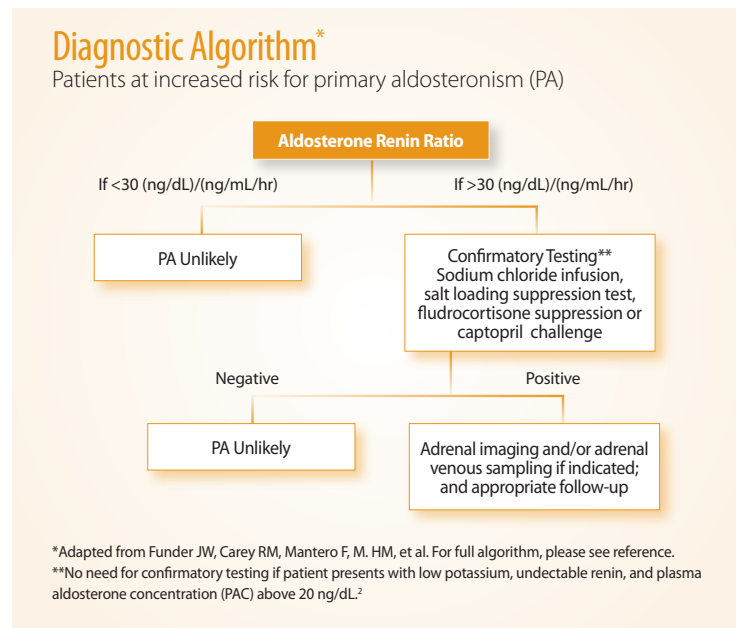
It is estimated that over 100 million Americans are affected by primary or secondary hypertension.<sup>1</sup> Between 15-20% of hypertension cases are attributed to secondary hypertension, including approximately 15 million patients with endocrine hypertension.<sup>1</sup> The majority of endocrine hypertension cases, approximately 90%, are caused by primary aldosteronism.<sup>1,2</sup>

## Who Should be Screened for Endocrine Hypertension?

Data has indicated that endocrine hypertension may occur more often than previously thought. In an effort to improve diagnosis, the Endocrine Society has established recommendations for diagnosing endocrine hypertension.<sup>2</sup> The recent guidelines recommend performing an aldosterone-renin ratio (ARR) to screen for primary aldosteronism in higher risk groups of hypertensive patients who:<sup>2</sup>

- Have sustained blood pressure (BP) above 150/100 mm HG
- Have hypertension and hypokalemia (low potassium) with or without diuretic drugs
- Are resistant to 3 drugs or are controlled with 4 or more drugs
- Are diagnosed with hypertension before age 30
- Have a family history of hypertension or cerebrovascular accident before age 40
- Have hypertension and a known adrenal mass
- Have hypertension and a first degree relative with primary aldosteronism

## Diagnostic Algorithm for Primary Aldosteronism.<sup>2</sup>



## Beyond Primary Aldosteronism Screening

LabCorp and Endocrine Sciences, a member of the LabCorp Specialty Testing Group, offer a comprehensive test menu to assist with your diagnosis and management of endocrine hypertension. Additional causes of endocrine hypertension to consider if the patient fits the clinical features include:<sup>3</sup>

- Pheochromocytoma
- 11- or 17- hydroxylase deficiency
- Renovascular hypertension
- Cushing syndrome
- Hypercalcemia
- Primary hyperparathyroidism
- Acromegaly
- Thyroid disorders
- DOC-producing tumors
- Primary cortisol resistance

## References

1. Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: Executive Summary: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertension*. 2018;71(6):1269-1324.
2. Funder JW, Carey RM, Mantero F, M. HM, et al. The Management of Primary Aldosteronism: Case Detection, Diagnosis, and Treatment: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*. 2016; 101(5):1189-1916.
3. Young WF Jr, Calhoun DA, Lenders JWM, Stowasser M, Textor SC. Screening for Endocrine Hypertension: An Endocrine Society Scientific Statement. *Endocrine Reviews*. 2017;38(2):103-122.

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