SWSA Research Seminar Series on Blood Pressure Variability – A Novel Risk Factor for Cardiovascular Diseases and Dementia

ALL are welcome

Gary Kui Kai LAU
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7 March, 2014 (Friday), 12:30-2:00 p.m.,
Room 533, 5/F., The Jockey Club Tower, Centennial Campus, HKU

Abstract:
The fluctuation in blood pressure, or blood pressure variability (BPV), is an increasingly recognised risk factor in the development of cardiovascular diseases and dementia. Recent studies have demonstrated that patients with a high BPV are associated with an increased risk of myocardial infarction, stroke, cognitive impairment as well as mortality. The associations of a high BPV with these adverse consequences have been demonstrated to be independent to average blood pressure control.
There are several ways in which BPV can be measured and represented. Short-term BPV can be measured on a beat-by-beat basis as well as over 24 hours using an ambulatory blood pressure monitoring device. Long-term BPV in contrast, is represented by the variations in blood pressure between days or between out-patient clinic visits. Recently, there has been increasing data relating to the drug-class effects on BPV. In particular, whilst the use of calcium-channel blockers and diuretics have been shown to reduce BPV, beta-blockers and angiotensin-converting enzyme inhibitors increase BPV.
In this seminar, some of the important literature relating to BPV will be highlighted. The presenter will also share with the audience some of the commonly used apparatus in measuring BPV as well as his on-going research in this area.

About the Speaker:
Dr. Gary Kui Kai Lau is currently Clinical Assistant Professor in Neurology at the Department of Medicine, The University of Hong Kong. He obtained his M.B.,B.S. and Master of Research in Cardiovascular Medicine degree from the University of Hong Kong in 2008 and subsequently obtained his MRCP in 2011. He then joined The University of Hong Kong in 2011 as part of the Young Academic Scheme.
Dr. Lau’s research interests focuses on identifying novel risk and protective factors in the development of stroke and cardiovascular diseases. His prior research has looked into the role of surrogate markers of atherosclerosis in risk prognostication as well as the beneficial effects of diet e.g. phyto-oestrogen, garlic and the Mediterranean diet in cardiovascular diseases. Recently, he has focused on the impact of blood pressure variability, atrial dysfunction and anti-platelet resistance in stroke and cardiovascular disease progression and prognosis.
Dr. Lau has authored numerous publications in peer-reviewed journals, including those published in the European Heart Journal, The American Journal of Clinical Nutrition, Thrombosis and Hemostasis, European Journal of Neurology and Cardiovascular Diabetology.

(For catering purpose please register your attendance. Light refreshment will be served.)
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