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Hormone imbalance may explain your high blood pressure: study

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More than half a million Australians are living with high blood pressure caused by a largely undiagnosed condition that is easily detected and treated, according to a study in the Medical Journal of Australia.

Many take prescription medicine with little to no effect and have been told the root cause of their hypertension (high blood pressure) is unknown.

Dr Jun Yang and her father, Lisheng Yang, who got rid of his four daily drugs and now takes a quarter of a tablet that controls his blood pressure “perfectly”.

But they have an endocrine condition in which they over-produce a hormone called aldosterone, which is responsible for controlling sodium and potassium levels in the blood.

Left untreated for decades, this condition increases the risk of heart arrhythmia, heart attack and stroke. It also causes hypertension, which, in turn, can affect the heart and increase the risk of peripheral arterial disease, aortic aneurysms, kidney disease and vascular dementia.

This important study, from Melbourne’s Hudson Institute of Medical Research and Monash University, is calling for screening for this condition, known as primary aldosteronism, PA, or Conn’s Syndrome.