**INTER-ARM SYSTOLIC BLOOD PRESSURE DIFFERENCE OF 15MM HG OR MORE IN TREATED HYPERTENSIVES**

N.K. Agarwal1, **S.K. Agarwal**2

1St. George's University, St. George's, Grenada, West Indies, 2Agarwal Health Center, East Orange, NJ, USA

Background: Systolic inter-arm difference of more than 15 mm Hg (IAD) is associated with peripheral artery disease and worse cardiovascular outcomes.

Methods: Charts of 165 consecutive hypertensive patients were retrospectively reviewed. All patients were on treatment and had blood pressure (BP) measured in both arms using the same sphygmomanometer during the same sitting. Normal systolic BP was defined as 139 mm Hg or less.

Results: Of the 165 [109 (66.1%) male; 56 (33.9%) female] patients (ages 23 to 92), 50 (30.3%) had IAD of 15 mm Hg or more. In the patients with IAD, systolic BP was higher on the right side in 27 (54.0%) patients and on the left side in 23 (46.0%) of the patients. Of the 50 patients with IAD, 38 (76.0%) had uncontrolled HTN (UHTN) in one or both arms. Of the 115 patients without IAD, 64 (55.7%) had UHTN in one or both arms. Of the 165 total patients, 40 (24.2%) had UHTN only in one arm. Of the 50 patients with IAD, 22 (44.0%) had UHTN only in one arm and of the 115 patients without IAD 18 (15.7%) had UHTN only in one arm.

Conclusions:1. Inter-arm blood pressure difference of more than 15 mm Hg was present in 30.3% of hypertensive patients.2. Inter-arm blood pressure difference does not favor any side.3. More patients with inter-arm blood pressure difference have uncontrolled HTN.4. Measurement of BP in only one arm could miss uncontrolled HTN in 24.2% in all hypertensives.