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## Hypertension, Blood Pressure Variability, and Target Organ Lesion.

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### Abstract

Hypertensive patients have a higher risk of developing health complications, particularly cardiovascular (CV) events, than individuals with normal **blood pressure** (BP). Severity of complications depends on the magnitude of BP elevation and other CV risk factors associated with the **target organ** damage. Therefore, BP control and management of **organ** damage may contribute to reduce this risk. BP **variability** (BPV) has been considered a physiological marker of autonomic nervous system control and may be implicated in increased CV risk in **hypertension**. This review will present some evidence relating BPV and **target organ** damage in **hypertension** in clinical and experimental settings.

**KEYWORDS:** Autonomic dysfunction; **Blood pressure variability**; **Hypertension**; **Target-organ** damage

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