

# **A Pulse on Prevention: Tulane Leads the Way on World Hypertension Day**

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May is High Blood Pressure Education Month, and the Tulane Hypertension and Renal Center of Excellence is raising awareness about the importance of early detection.

The [Tulane Hypertension and Renal Center of Excellence](#) is at the forefront of the battle against high blood pressure—a condition impacting over a billion lives globally. Dr. [Jia “Joe” Zhuo](#), MD, PhD, [THRCE Director](#) and Professor in the [Department of Physiology](#), will mark [World Hypertension Day](#) with a seminar titled “New Frontiers in Hypertension Research: What Is Left for Angiotensin II-Induced Hypertension Research?”

2024's World Hypertension Day theme, "Measure Your Blood Pressure Accurately, Control It, Live Longer," highlights a vital message: awareness saves lives. Hypertension is a silent threat that significantly raises the risk of heart, brain, kidney, and other diseases. Upwards of 1 in 4 men and 1 in 5 women – over a billion people – have the condition, and it's a major cause of premature death worldwide.

In the United States, nearly half of all adults live with hypertension, with statistics revealing a more pronounced prevalence of 56% among non-Hispanic Black adults. These figures underscore a complex interplay of genetic, environmental, and lifestyle factors contributing to hypertension. Regular monitoring of blood pressure is as a critical strategy in managing this widespread condition. This, along with a well-rounded approach that considers genetic predispositions and individual circumstances, helps in the early detection and effective management of hypertension.

Dr. Zhuo will delve into innovative research approaches at the seminar on Thursday, May 16. The presentation will be held at noon in Hutchinson 4150, and [available to watch on Zoom](#).



Dr. Jia "Joe" Zhou is the Director of THRCE.