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## The vital importance of early biomarkers in diagnosis and management of hypertensive heart disease

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Hypertension is the leading risk factor for mortality and results in every other death from coronary heart disease (47%) and from stroke (54%) worldwide. Since existence of the major cardiovascular events is generally caused by the result of long-term exposure to cardiovascular risk factors, precise evaluation of individuals with risk factors may be beneficial for determination of early signs of the cardiovascular morbidity. Early establishment of hypertension diagnosis is vital to eliminate subclinical target organ damage (TOD), however, this effort generally takes time in clinical practice and includes precisely determination of LVH, ankle-brachial index and glomerular filtration rate. In order to prevent subclinical TOD, determination of early signs of disease process may save thousands of lives who have disease burden. However, disturbing symptoms of cardiovascular diseases usually occur in later stages of disease process. Subclinical TOD can be occurred during intermediate stage in the continuum of cardiovascular disease and should be searched precisely. Since early recognition of progressive disease process is crucial, recently, it has been suggested that it is feasible and cost-effective to determine early signs of disease in primary care settings. Hypertensive subjects may suffer from major cardiovascular events which are preceded by the development of asymptomatic structural and functional abnormalities at the vascular and cardiac level which may shift these patients to high risk category. Recently, differently from SCORE and Framingham risk prediction tools, it has been pointed out that assessment of subclinical TOD reclassifies a significant number of hypertensive patients to the high-risk category. Therefore, early diagnosis and treatment in this group of patients are crucial. In this paper, it will be precisely discussed early signs of cardiovascular imaging or imaging biomarkers of early stage of hypertensive diseases.

### Biography

Fatih Yalcin is a Fulbright Visiting Professor, Johns Hopkins Medical Institutions, USA. His research interest is on Novel Cardiovascular Imaging, Tissue Doppler Imaging, Live 3 DE, 3rd Generation Microscopic USG and cardiac MRI. He has an Editorial Board Membership in World Journal of Cardiovascular Surgery and Datasets International-Radiology Journal.

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