

# Semi-final masked hypertension

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## ABSTRACT

Masked hypertension is normal blood pressures (BP) in a clinical setting and high BP during ambulatory monitoring.<sup>1</sup> Although these patients are at higher cardiovascular risk, there is still no clear consensus definition of masked hypertension.

## KEYWORDS

Hypertension, ambulatory monitoring, cardiovascular events

## CASE REPORT

A 48-year-old male with new-onset atrial fibrillation and a mean blood pressure (BP) of 110/70 during repetitive measurements at the outpatient clinic was scheduled for 24-hour ambulatory BP monitoring due to unexplained left ventricular hypertrophy. His BP was clearly high in the

evening of the ambulatory monitoring as shown in *figure 1*. Reassessing the date and time of measurements revealed peaks of hypertensive episodes concomitant with the goals of the FIFA 2010 world cup semi-final match Uruguay vs. Netherlands (*figure 1*). This high susceptibility for external influences and triggered masked hypertension is a risk factor of developing cardiovascular events. Important sport events are known to provoke a sufficient level of stress to trigger symptomatic cardiovascular events.<sup>2,3</sup>

## REFERENCES

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Figure 1. Registration of 24-hour ambulatory blood pressure measurement

