



Preamble

Preámbulo

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The following text is not intended to be a consensus document, nor a clinical-therapeutic guide, but rather a set of reflections and positions on specific problems and concepts of high blood pressure (HBP), one of the clinical entities with the greatest impact on the development of lethal or disabling cardiovascular complications. The members of GREHTA (Spanish acronym of *GR*upo de *Exp*ertos en *Hiper*Tensión *Ar*terial de México, Mexican Group of Experts on Arterial Hypertension) are committed to participate decisively in the plural fight against cardiovascular diseases, the leading causes of mortality in our population, hand in hand and with the support of the sister cardiovascular societies, headed by ANCAM, from whose current president, Dra. Gabriela Borrayo, we have received invaluable help and solidarity. Doubtlessly, HBP is a major risk factor for many catastrophic, even lethal outcomes. Science and technology are moving so fast in our times, that concepts, paradigms, techniques, and therapeutic measures evolve so rapidly that regular revisions and updates are necessary to

provide medical service providers with a broad and solid conceptual platform.

This was the purpose of having asked several distinguished members of our group to write these specific texts on interesting topics, some of them controversial, of the HBP.

We thank the authors of the documents for their commitment and the time dedicated to the writing of these texts. As freedom of speech and thinking are pillars of civilized life, the guest editors respected the ideas of the authors, who are entirely responsible for the concepts expressed freely in their texts. We also want to recognize the editorial freedom that the Editorial Committee and its main Editors gave us in the elaboration of this text. And at the end, but no at last, we would like to express our gratitude to our publishing house Medigraphic and its personnel, for their professionalism and patience.

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